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THE BROSNANS



CHARLIZE



JOHN LEGEND

**PLUS
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J.LO'S
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GASP!



**KHLOÉ'S
DIRTY
LITTLE SECRET
IS OUT!**

OUR
IN-HOUSE
DOC
REPORTS

**NEW
PLASTIC
SURGERY
TRENDS**



BAREFACED CELEBS



**KATIE
GOES FOXTROT**

REAL LIFE



MODEL
PROVES
THERE'S NO
BEAST-
JUST
BEAUTY

'MY SMS
NEARLY
KILLED MY
DAUGHTER'

WHAT IT MEANS TO BE TRANSGENDER!

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#What's Trending

BY ANGELA BEKIARIS

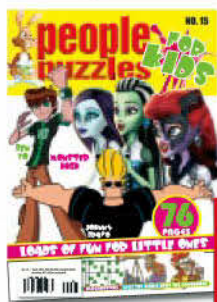
Saturday: #SS (Shirtless Saturday)

IT'S not hard to see what Miley Cyrus sees in Patrick Schwarzenegger. The young model has quite a lot going for him – mainly the chiselled chest, which we are happy to see without the covering of a shirt at any time. Keep your eyes on this youngster... He won't need Miley to boost him to fame for much longer.

PICS: PAN MEDIA / WWW.ELITEPHOTOAGENCY.COM



#UpAndComingStud



ON SALE NOW



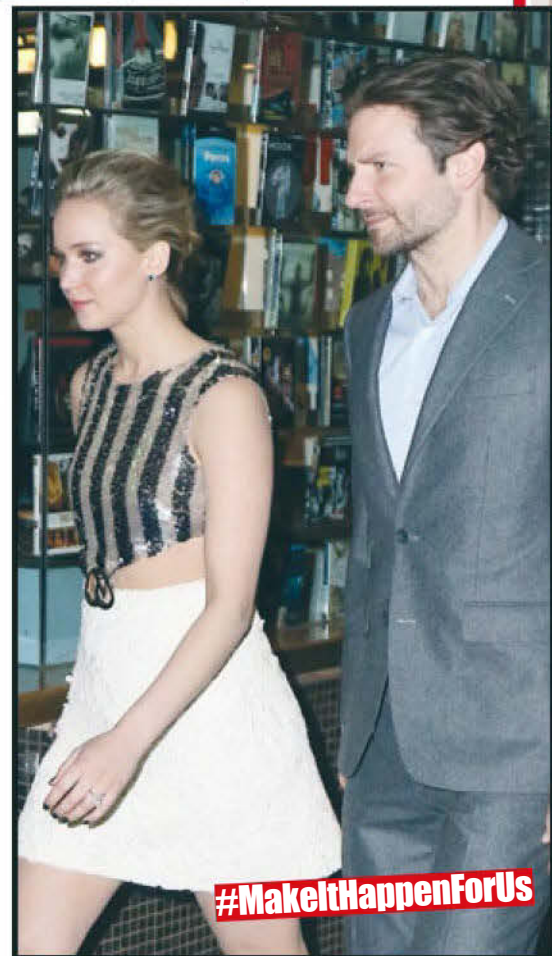
Monday: #MCM (Man Crush Monday)
HE might still be growing into his looks, but there's no doubt **David** and **Victoria Beckham's** son **Brooklyn** is turning into a good looking young man. We're positive he's going to be a huge star five years from now (if not sooner), and he has hunky daddy to thank for the good genes.

#AnotherGorgeousBeckham



Wednesday: #WCW (Woman Crush Wednesday)
EMMA STONE is just killing it this year. Be it on the red carpet or just out and about, the star has proven that she's got both talent and amazing looks to succeed in Hollywood. Natural and totally flawless, the actress has heads turning wherever she goes... And the best part is, she doesn't even know it!

#SoDownToEarth



#MakeItHappenForUs

Tuesday: #TBH (To Be Honest)

JENNIFER LAWRENCE and **Bradley Cooper** recently hooked up in New York City for a screening of their latest movie *Serena*, and we have to be honest: they just make the cutest pair. We really wish they would do something about the chemistry we're all seeing – you guys are perfect together. Stop wasting time!

DO YOU HAVE A STORY TO TELL? YES, YOU DO!

WE will pay for each story that is published! We want 100 percent true real-life stories. They could be: **Terrifying * Tragic * Entertaining * Shocking * Astonishing * Inspiring**
Write to Real People, Private Bag X005, Roosevelt Park, 2129, or e-mail people@caxton.co.za with the subject 'real people' and a short description of no more than 200 words. If we are interested we will contact you.



Friday: #FFF (Fun Fact Friday)

WE are all obsessed with Hollywood, but did you know the huge 'Hollywood' sign was put up in 1923 and originally spelt out the word 'Hollywoodland'? The letters were originally about 15m high and the final four letters were removed in 1949 when the sign was rebuilt with about 14m-high letters. The sign, originally intended to last only a year, was declared an historical landmark in 1973.

#WeLoveHollywood

Ed's Letter

HELLO!

AS we all look forward to the Easter break, we have put together a 120-page issue for you to enjoy! There is nothing like chilling over the long weekend with your **people** magazine, which is filled with extra puzzles and real life stories, such as the girl who almost died when she read a text from her mom while driving, dedicated rescuers saving our injured vervet monkeys, and the man who made fireworks in his mom's kitchen – with explosive results! And of course, tonnes of celebrity news. Catch up on which celebs are divorcing, who is dating whom and which celebs are reuniting. Never a dull moment in Hollywood! We have a fabulous 20-page wedding guide, featuring stylish engagement and wedding fashion and helpful beauty tips for your special day! The lovely **Nicole Flint** and her fiancé David Van Heerden model for our engagement shoot. And talking of lovelies, the gorgeous actress **Hayley Owen** and her husband Shaun shared their special wedding day on pages 28 and 29. She looked incredible! Congrats to both couples! If you are going away this holiday, drive safely and don't leave your furry friends home alone. Enjoy!

PS. The next issue of **people** goes on sale April 13.

Andrea
andrea@caxton.co.za
[@andrea_caknis](https://twitter.com/andrea_caknis)

Sunday #SS (Sore Sunday)

KIM K left our eyes sore this week in her skintight pants, which gave us a lot more to look at than we bargained for. We guess Kim felt that, having already bared all on her in her magazine shoots (not to mention her 'special' home-made video, she'd barely.



#ButtOut



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PEOPLE 3

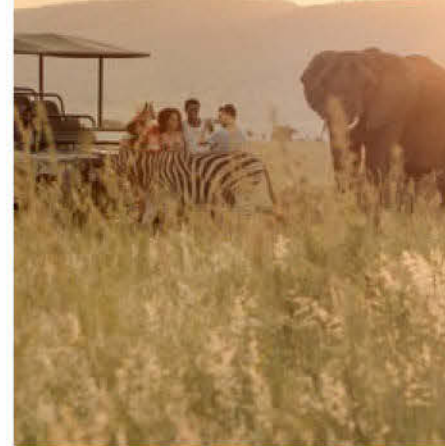
What's More
Relaxing Than
Sunstroke?

PEOPLE
EXCLUSIVE
PICS!



Fifty Shades Of Sunburn

WHAT a tough life, huh? Spotted sunbathing under Mexico's scorching sun were industry BFF's **Melanie Griffith** and momager **Kris Jenner**. The unlikely pair was joined by **Mel's** daughter, actress **Dakota Johnson**, who couldn't let a free trip go to waste. Of course, they were caught by paparazzi, who couldn't pass up a free photo-op! Fifty-seven-year-old **Melanie** showed off her well-maintained bod in a tropical-patterned bikini, which complemented the beach theme, while her fame-hungry friend, who's rumoured to have ditched her toy boy, lazed on the seashore in a little black number. As for **Dakota**, she has a gig with **Johnny Depp** in a Boston mafia biopic called *Black Mass* coming up, so we're sure she made the most of her relaxation time.



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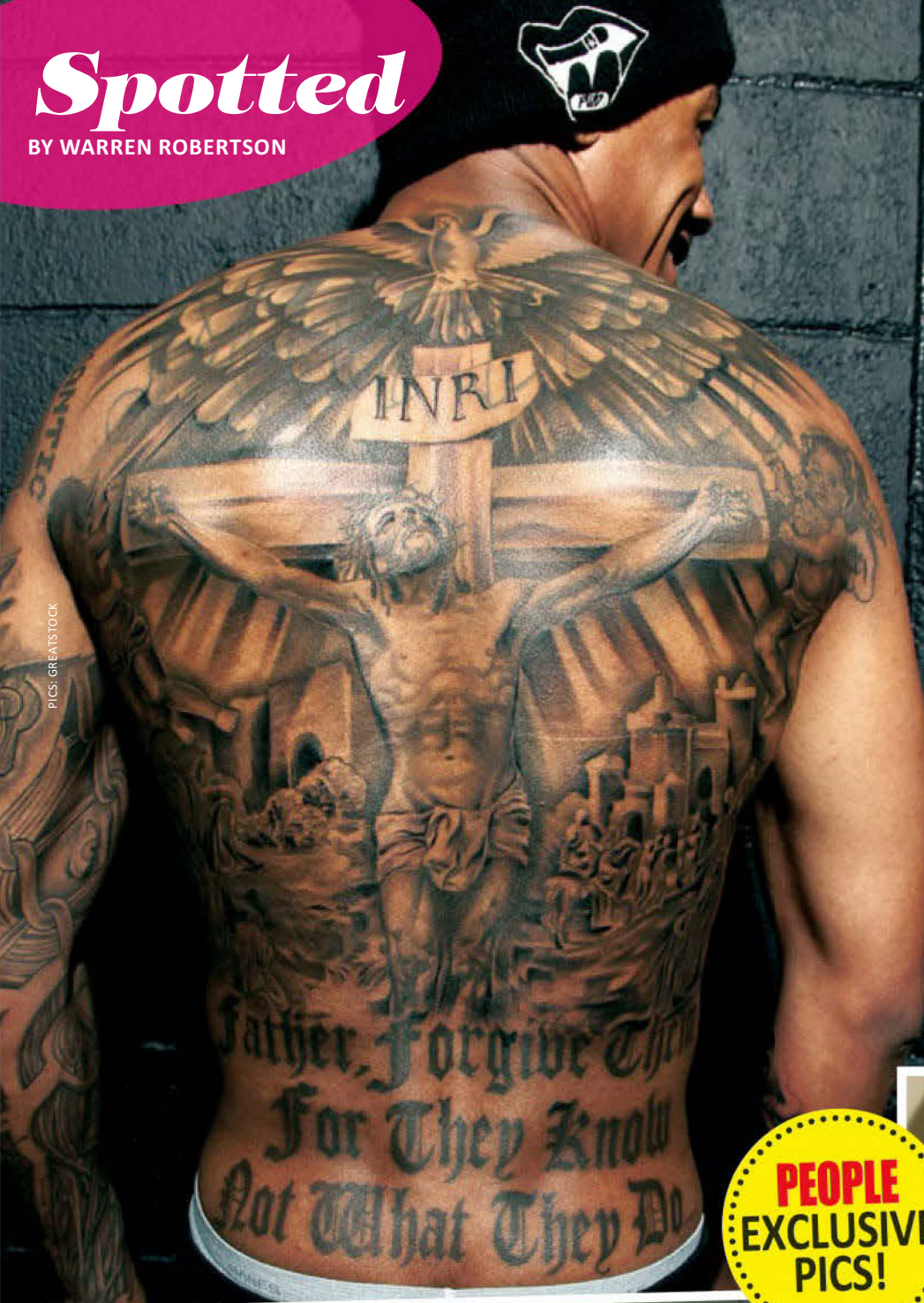
Mariah's Under There... Somewhere

EARLIER this month *America's Got Talent* host **Nick Cannon** was spotted in Studio City, California with a giant crucifix tattoo on his back, covering up an ink of now-estranged wife **Mariah Carey**. In an interview he explained that the new work is nowhere near finished. "When it's done, I'll show up to your house naked and I'm going to let you see all the work," the 34-year-old joked. "I'm not even halfway done with it. That's what kind of made me mad, because everybody was like, 'He's showing off his tattoo!' Trust me, when it's done, y'all ain't going to be able to pay me to keep my shirt on. But right now, it's not finished."

Nick and **Mariah** married in 2008 after a whirlwind romance, and have two children together, three-year-old twins Moroccan and Monroe.

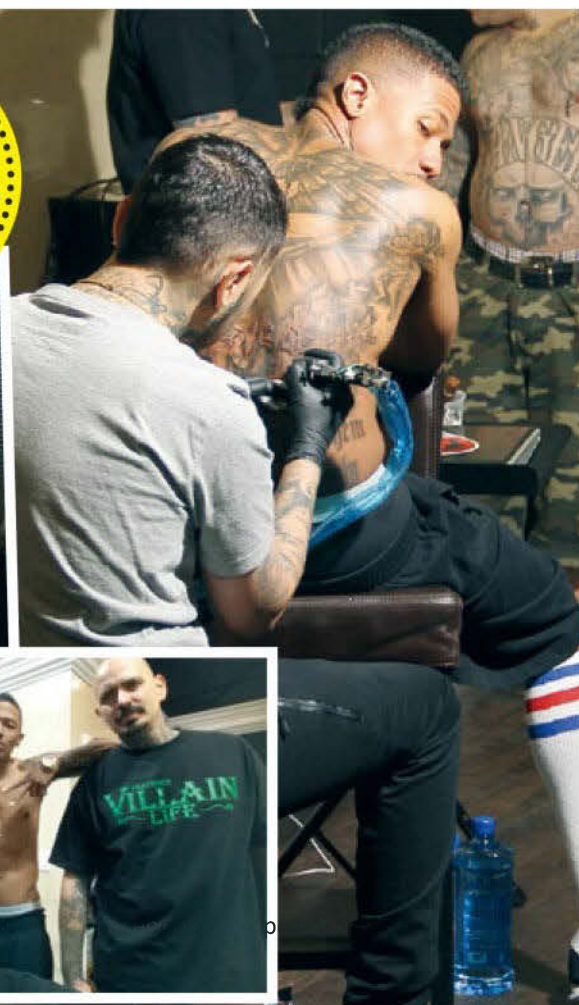
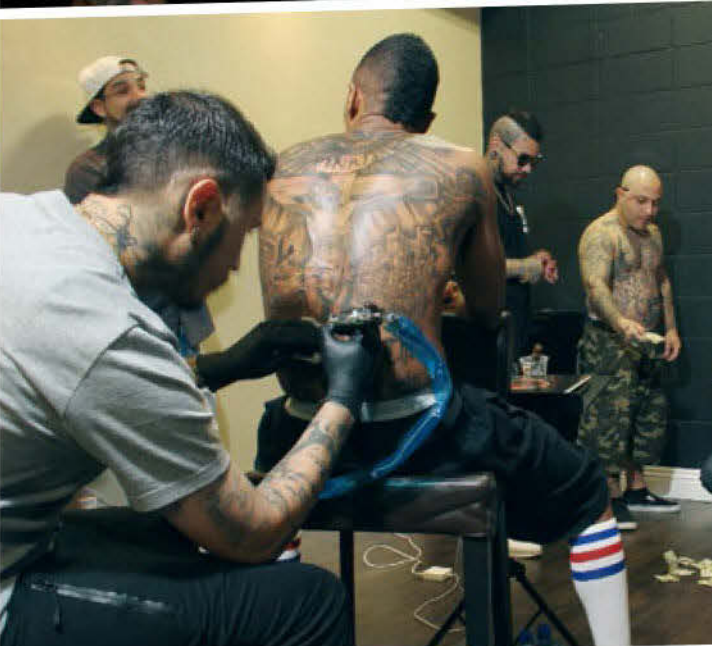
In August, **Nick** revealed that he and **Mariah** had been living in separate houses for months.

"It definitely gets hard at times," said **Nick**. "You want to say certain things or lash out. Sometimes public opinion wants to paint you a certain way. At the end of the day that's not what it's about. Ultimately, I want to do what's best for my family and for my children."



PICS: GREATSTOCK

**PEOPLE
EXCLUSIVE
PICS!**





A Flare For Food



CHEF MARTIN is back for the new season of Clover's *Little Big Cook Off*. He tells **people** what it was like being on the show and a few extra secrets.

You have a last-minute dinner party... what's your dish in a dash?

It depends what's in the pantry and fridge. I'm the type of chef who doesn't work with recipes – I open the pantry and start cooking! Most of the time I only know what I'm cooking when I start plating it.

What's your favourite Clover ingredient to cook with?

That's easy – Clover Mmmilk (vanilla-flavoured milk)!

What is the one thing that no one knows about you?

My life is an open book but there is one thing... I don't enjoy cooked onions, which isn't easy to avoid as a chef!

What was the most challenging part of season one of Clover's *Little Big Cook Off*?

The most challenging part was having to tell some families that they didn't make it to the second round. We spend a whole day shooting an episode so in that time you build up a good relationship with the competing families and saying goodbye to them becomes hard too.

Do you allow your kids to eat junk food during the week?

Preferably not - but I think my wife Maria and I have taught them enough cooking and nutritional skills that they will make the decision to cook for themselves first before going for the junk food.

What's your favourite recipe in Clover's *Little Big Cook Off* recipe book?

It has to be the traditional milk tart!



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The Star Sp

SAFTA'S

THE acting industry celebrated Mzani's most gifted talents for the 10th year.

BY PEARL MPHUTHI



SOCIALITE Jen Su always gets the theme right. Looking good, Jen!



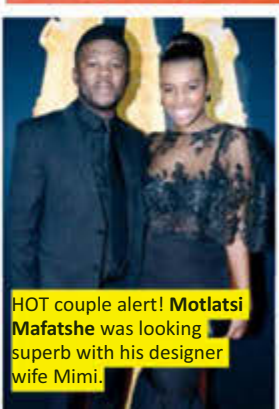
BEST-ACTOR-WINNER (in a TV Comedy) **Thomas Gumedde** was setting trends with his blond 'do.



ACTOR Obed Baloyi apparently wasn't aware he was attending a black-tie affair... What's up with the socks, bro?



UMHLOBO WENENE radio host KCI left the crowd stunned – for all the wrong reasons.



HOT couple alert! **Motlatsi Mafatshe** was looking superb with his designer wife Mimi.



ISIDINGO actress **Kgomotso Christopher** looked the epitome of romance.

GALLAGHER ESTATE in Johannesburg was the place to be recently when it saw the celebration of the 10th annual South African Film and Television Awards. The evening was hosted by funnyman and Emmy nominee **Loyiso Gola** who kept the crowd in stitches with his hilarious jokes, while directors, actors and musicians kept heads turning with some stylistic stunners, as well as a few fashion faux pas! Take a look and see which stars caught our eyes!



NTHATHI MOSHESH may have won Best Actress in a Drama, but she lost out on any fashion awards with that shocking pink.



KHANYI MBAU, who was recently named Mayo Ambassador, also graced the SAFTA red carpet.



EXPRESSO presenter **Katlego Maboe** scooped the Best Presenter Award and was looking ever-so



BEST Supporting Actor in a TV Comedy was scooped by **Warren Masemola**.

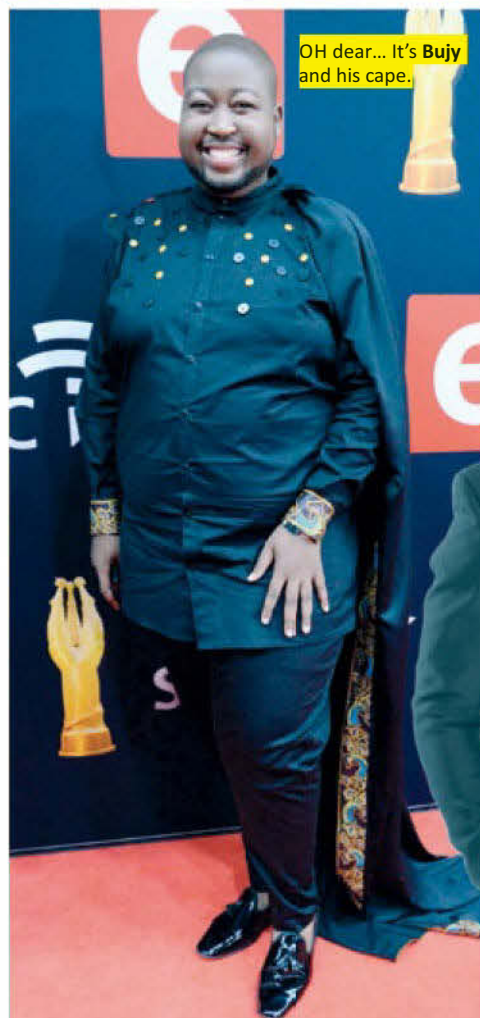
angled



WHAT'S a red carpet without the Queen, Bonang Matheba?



LEGENDARY actress Mary Mhlongo won the Best Actress in a TV Comedy award. She is pictured with her *Idols* judge son Somizi Mhlongo.



OH dear... It's Buji and his cape.



Dineo Ranaka and Khuli Roberts

Double Trouble Has Begun

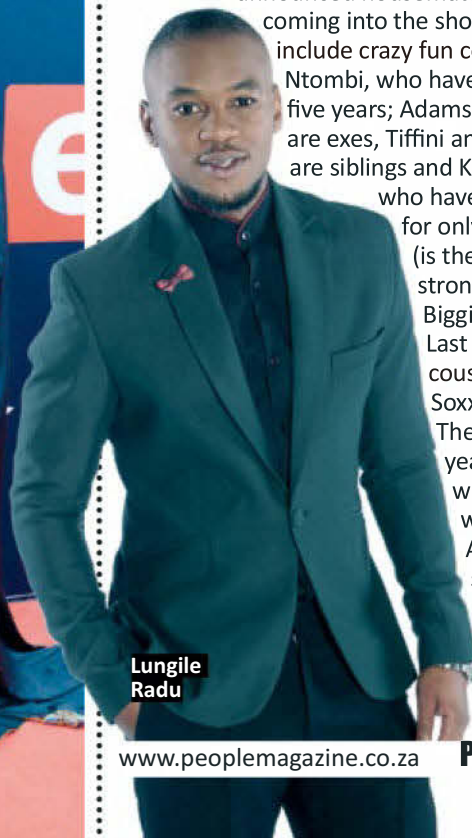
BY EUGENIA BOOI

BIG BROTHER MZANSI: *DOUBLE TROUBLE* is double the fun, double the entertainment, and, of course, double the drama!

THE first season was massively popular, so it comes as no surprise that *Big Brother Mzansi* is coming round for seconds, and is once again to be hosted by handsome TV star Lungile Radu who will also be the face of the all-important Sunday eviction shows, screened exclusively on Mzansi Magic. The first of two launches was held recently at Red Pepper studios, and the beautiful and outspoken Dineo Ranaka and Khuli Roberts made sure they were present to gossip about the first 10 newly announced housemates, who will be coming into the show in pairs. These

include crazy fun couple Ace and Ntombi, who have been dating for five years; Adams and Tembi, who are exes, Tiffini and Gino who are siblings and Khali and Bongsi, who have been dating for only three months (is their relationship strong enough to face Biggie's challenges?). Last but not least are cousins, Bexx and Soxx.

The winners of this year's *Big Brother* will walk away with R2-million! And you can be sure that Biggie has upped his game this season.



Lungile Radu

The Brosnans Hit The Beach

PICS: GREATSTOCK

PIERCE BROSNAN and his eldest son Dylan were seen walking along the beach with their respective leading ladies on a double date this week. The two couples were seen strolling hand-in-hand down the Malibu shoreline, clearly enjoying the sand beneath their feet. **Pierce** and wife Keely, who also have 14-year-old son Paris, were taking a walk, looking very content in each other's company. The couple married in 2001 and now live in a home on Malibu beach, though the actor recently admitted that he regularly asks his wife if they can sell the property and make a new start. Son Dylan's lady has yet to be identified, though it's clear the two are quite attached. Dylan made his modelling debut in November 2014 with the Saint Laurent Men's Permanent Collection, where he was captured in a brooding black and white suit. The teen, who is also a musician, and is studying film in California, was discovered by Saint Laurent creative director Hedi Slimane on the beach in Malibu last summer. And while Hedi was reportedly unaware of Dylan's relation to the famous **Pierce**, he did think that he was the perfect fit for the campaign.

**PEOPLE
EXCLUSIVE
PICS!**



Charlize

And Her Boys

Spotted

BY PEARL MPHUTHI

PEOPLE
EXCLUSIVE
PICS!

It's 'Method Acting': Her
Next Movie Has Her
Taking The Part Of A
Drunk Flamingo

ACTRESS **Charlize Theron** was seen being greeted by her two favourite men! The star had just landed in LAX, having just returned from Melbourne, Australia on a business trip. The South African-born beauty is an ambassador for developer Capitol Grand, and as soon as she returned from her trip, the leading men in her life came to meet her. Boyfriend **Sean Penn** had a blast playing daddy to Jackson and they seem to have developed a good bond. Although **Charlize** looks exhausted it's undeniable that she missed her boys. Aww...

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Khloé & Lamar **EXPOSED**

BY ANGELA BEKIARIS

KHLOÉ'S biggest secret is out – Lamar is back!

FOR months Khloé Kardashian has been making up and breaking up with rapper French Montana. But she's made no secret of the fact that she still loves and misses almost-ex-husband Lamar Odom. Now reports say the pair actually reunited ages ago, with Lamar having moved in three months back. Naturally, momager Kris Jenner is already working on a new TV show for the pair. Sources say Khloé has been using French as a cover-up while she and Lamar work on their problems. The star, who is looking better than ever – and credits her new attitude and healthy lifestyle to hard work and determination, inspired by her split from Lamar – made the move to end her marriage at the end of 2013, but neither party has signed divorce papers since the break up. New reports claim that Lamar is still very much in love with Khloé, with some insiders saying he hates seeing his estranged wife dating another man. Others, however, have stated the complete opposite, saying Lamar is allowing the relationship for his own benefit. "Lamar loved that Khloé spent all of her time with French. He wasn't mad. Lamar thought that the more she was around French, the quicker she'd realise he was [an idiot] and not someone whom she could ever take seriously. Lamar thinks French is a leech..." reveals a source. There have also been claims that TV plans are being made for the couple if their marriage is back on, which makes us wonder if it's love, money or fame (or all of the above) to thank

for the reunion. Or perhaps Cupid in this case is Kris Jenner? According to insiders, Kris, 59, is pushing Khloé, 30, to officially get back together with her ex, as she feels a 'comeback story' will be great for ratings. Others say the reality TV mom just wants to see her daughter in a happy and healthy relationship again (yes, that sure sounds like Kris), with friends and family feeling that French is not the right guy for Khloé. "Of the two, Lamar and French, Kris definitely prefers Lamar. She has a bizarre soft spot for him. Despite his past problems, she thinks he has a good heart and just had a lousy father who messed him up," a source says. "If Lamar is clean, sober and faithful, she would really love to see Khloé and him back together. Kris wants Khloé to settle down and really try to have a baby. She knows Khloé desperately wants a child of her own so she thinks getting involved in her love life is actually helping her. Kris has said, 'Khloé can't seem to figure out her love life, so I will do it for her'."

The source goes on to add: "Plus, the businesswoman in her thinks it would make for must-see TV. Everyone loves a comeback story and this would definitely be one." Insiders claim Lamar is in a very good place right now and is ready to do whatever it takes to get Khloé back. The pair have reportedly been working on their issues and attending secret couples therapy sessions. "Lamar wants Khloé and wants it all out in the open but because he loves and respects his wife, he's relinquishing control of the situation," the source adds.



Khloé and French: Lamar thinks he's a leech

You Missed A Spot There, Love...

BY PEARL MPHUTHI

IS there a make-up artist in the house?

THEY look extraordinary on the red carpet, but truth is these stars have a *lot* more help than you might realise when it comes to appearances. And

it's amazing what a little missing lipstick or rouge can do. Some of these ladies shout at their lack thereof! Can you even recognise your favorite star without thick layers of make-up?



Ellen DeGeneres

WE prefer comedienne and talk show host **Ellen** when she's all dolled up.



Kate Moss

THE supermodel is probably one of the most-photographed celebs of all times. Guess she just wasn't ready for this shoot!



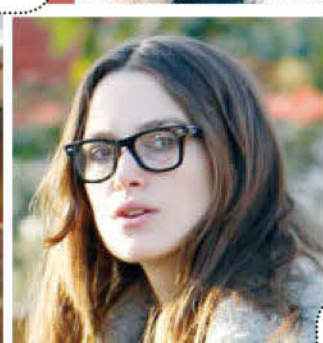
Janice Dickinson

THE self-proclaimed 'first supermodel' needs some facial remodelling. See what surgery does to one's looks?



AnnaLynne McCord

THIS famous actress has been open about her skin issues in the past. Looks like it's improving, though!



Keira Knightly

WITH or without make up, this British actress is a knightly in shining...well...whatever she puts on.



Kerry Washington

YOU may be *The Fixer* on screen, but you certainly need a make-up fixer off screen! Scandalous!



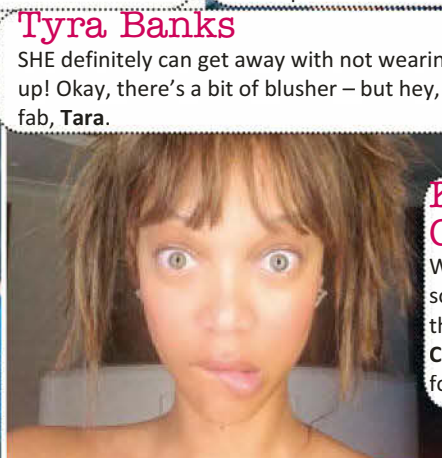
Kelly Clarkson

MANY don't realise that *My Life Would Suck Without You* was originally an ode to her make-up collection.



Bethenny Frankel

LET'S be frank-el – this reality star has a lot of explaining to do! She is pictured here looking far from star-quality.



Tyra Banks

SHE definitely can get away with not wearing make-up! Okay, there's a bit of blusher – but hey, looking fab, Tara.

Kathy Griffin

WHOA! Can someone pinch this lady! Hey, **Carrot Top** – we found your twin!



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PEOPLE 13

Couple News

BY ANGELA BEKIARIS



Miranda & Orlando To Reunite?

MIRANDA KERR and Orlando Bloom are just some of the many friendly Hollywood exes out there. But could they be getting friendlier these days? Sources say the pair, who split in 2013, are now friends with benefits. The parents of four-year-old Flynn have been apparently getting on better since the break-up, 'enjoy hooking up whenever the mood and opportunity strike', and, despite their differences, they still enjoy each other's company. Sources also say the two claim this arrangement is good for their son.



Are Chris & Lilly Dating?

CHRIS EVANS and Lilly Collins recently had a dinner together, sparking speculation that the two could be dating. The 33-year-old *Captain America* and *The Avengers* star, and the 26-year-old *Mirror Mirror* actress, were seen having dinner together at a high-end Italian restaurant in Los Angeles, though they have not yet commented about the nature of their relationship. But we do know that the pair were alone together, and sat at a table on the patio. "It for sure seemed like they were on a date," says an eyewitness.



Bradley & Suki Are Over

AFTER just two years together — and a very low-profile relationship for that matter — Bradley Cooper and Suki Waterhouse have called it a day. Just in time to hook up with Jennifer Lawrence we hope (see #WhatsTrending on page 3). Sources say the actor and the model, who is 13 years his junior, have, however, decided to stay friends.

Van Damme To Divorce Again

JEAN-CLAUDE VAN DAMME and wife Gladys are set to divorce for the second time, say sources.

This development comes almost 15 years after the two remarried. Insiders say it was Gladys who recently filed paperwork at a Los Angeles court, citing irreconcilable differences as the reason for the split. She's also seeking spousal support from him. At the time of going to print, the actor had yet to make a comment.



RiRi Not Blonde Enough For Leo?

HE'S had some of the most beautiful women on his arm over the years, but while Leonardo DiCaprio and RiRi were linked recently, it seems nothing more has come from the kiss they shared — and that could be because he just loves blondes! Leo, who has dated blonde beauties Blake Lively, Gisele Bündchen and Bar Refaeli, reportedly was spotted sharing a kiss with Barbadian beauty RiRi at a *Playboy* mansion party in January, but sources say the pair are just friends. "Leo insists it's only a casual thing and she knows the deal," the source says, adding, "He's not playing games with her either and RiRi knows where she stands." And it could all be due to the fact that he has his eye on yet another blonde. "Leo's developed a huge crush on little-known CBS TV reporter Brittney Hopper from watching her on the local news and has already asked for an introduction," the insider dished. "They have a lot of mutual friends and they're both huge party animals." Leo, however, has yet to secure a date with the reporter because the two, who globetrot a lot, are waiting to be in the same place at the same time.



Kim's Fears A Kanye Love Child

WHILE they appear to be the happiest couple in the world, it seems even Kim Kardashian has insecurities. In recent reports the star admits that she fears Kanye fathered a secret love child during his 'dirty-dog days'. Kim, who has been trying to give her daughter North a sibling, is obsessed with the idea that 'there's a child out there who's going to come after his fortune', according to a source. "Kanye glosses over his dirty-dog past, but he has a long list of former conquests — including groupies, exotic dancers, students video vixens and cocktail waitresses," the source adds. And as if that's not enough, she fears that Kanye's ex, Amber Rose, will reveal his secrets in a memoir coming out later this year. "Kim worries the worst is yet to come in their feud," explains the source.



BY SUZY MUKENDI

Flash And Flair At SA's Fashion Week

THE best collections of spring/summer 2015

THE best part of fashion is Fashion Week without a doubt was checking out the spring/summer fashion trends. The week kicked off with a spring in its step and the collections showcased had us bemoaning winter's approach. The catwalk, which saw familiar faces like **Jay Anstey** and **Melinda Bam** strutting their stuff, was filled with the boldest, bravest and most fashion-forward items that work perfectly for seizing the day and owning the night. Take a look at the stunning action captured right from the front row.

KEYS FASHION

KEYS FASHION blew our mind with this collection, which we felt had a bit of *The Great Gatsby* injected woven into it. There was exquisite embellishment, nude styles, sheer sensuality and a mix of different textures.

URBAN ZULU

URBAN ZULU stayed true to their reputation with show-stopping looks that incorporated bright colours mixed with leather, and patterned materials mixed with pops of accessories. What we loved most about this collection was the range of styles available, so that that everyone could find something suitable. Like their red gown with printed neckline, for instance: Subtle but stunning at the same

AFRIKAN SWISS

WE didn't think it possible to love a range as much as we did Afrikan Swiss' collection of revamped classic and staple denim. We loved the creativity in the modern cuts, the detailing of the pockets and the mixing and matching of different textures and patterns. We loved the collection's edgy feel.

GERT JOHAN COETZEE

WE expected to be blown away by **Gert Johan Coetzee**, with nothing but glam and trend from the designer – and we weren't disappointed! The garments were dramatic and striking, with flattering silhouettes for every body shape.

PICS: PHOTOGRAPHER/SDR PHOTO



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PEOPLE 15

Celeb #Healthies

BY PEARL MPHUTHI

SELFIES are so yesterday. This is the hot new trend.

OUR fave homegrown celebs reveal the art of the #Healthie from their favorite hangout spot – the gym. We take a look at Jozi-wood's fittest stars.



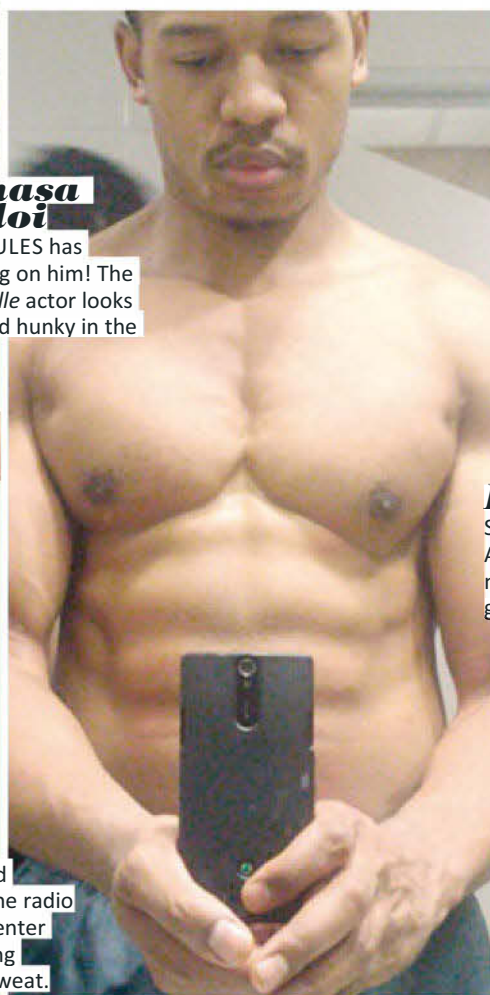
Nonhle Ndala

THE business-woman and personal trainer is the ultimate #YummyMummy! She has a teen daughter and she looks fab!



Lunga Shabalala And Janez Vermeiren

TWICE as nice! These celeb buddies have loads in common! They're fun, charming and smoking hot!



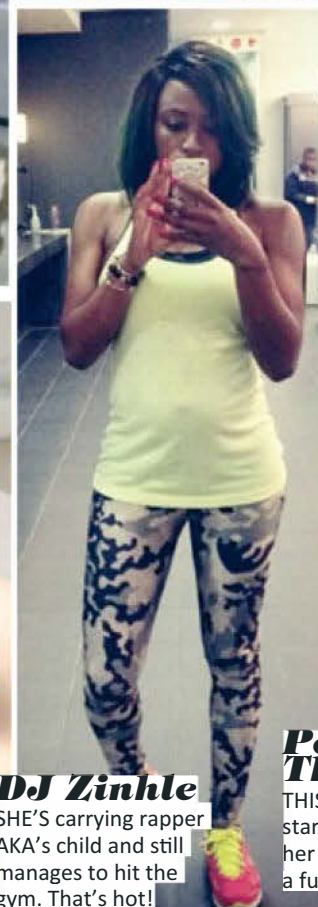
Lehasa Moloi

HERCULES has nothing on him! The Rockville actor looks hot and hunky in the gym.



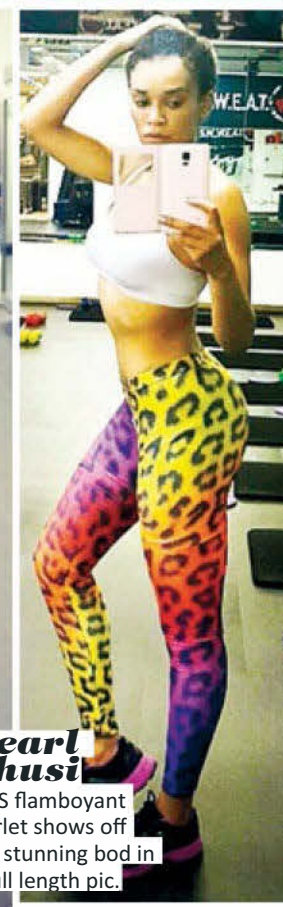
Mika Stefano

HE amazed his fans when he shed over 35kg. Now socialite Mika's hobby is trimming his body to perfection.



DJ Zinhle

SHE'S carrying rapper AKA's child and still manages to hit the gym. That's hot!



Pearl Thusi

THIS flamboyant starlet shows off her stunning bod in a full length pic.



Pabi Moloi

SWEATY and gorgeous! The radio and TV presenter looks amazing covered in sweat.



Boity Thulo

THE media personality shows us how to work out.

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 **Boehringer
Ingelheim**

Did Beyoncé Steal

BY PEARL MPHUTHI

LOVE or hate her, **J.Lo** is a trendsetter and **Queen Bey** seems to know it.

FROM hair to make-up and stage performances, stars like Queen Bey herself have been fashion snatchers since J.Lo's career took off. Take a look for yourself and be the judge!

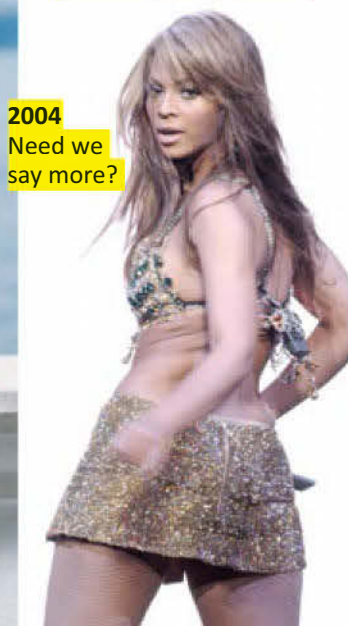
PICS: GALLO IMAGES / PAN MEDIA / INPRA /
WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK



1998
THE Latina beauty looked radiant in this sequinned mermaid dress.



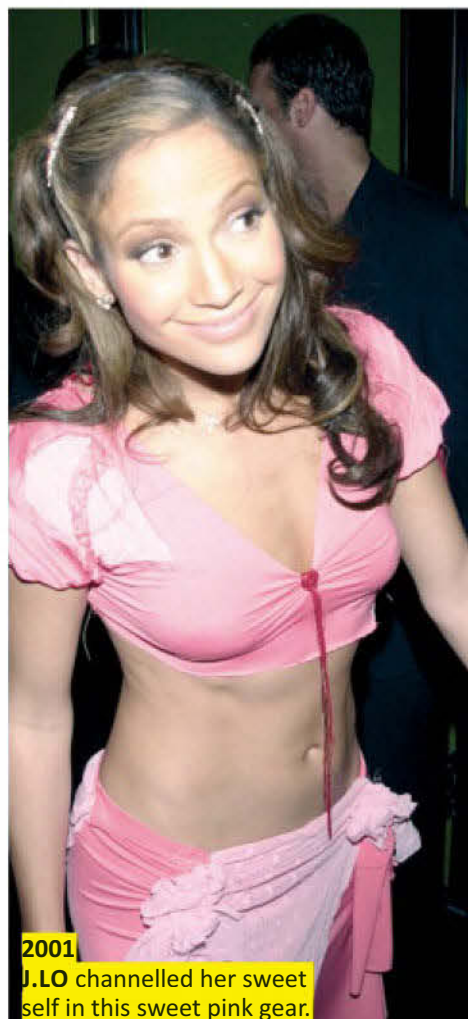
1999
J.Lo delivered a hot performance at the *Billboard Music Awards*



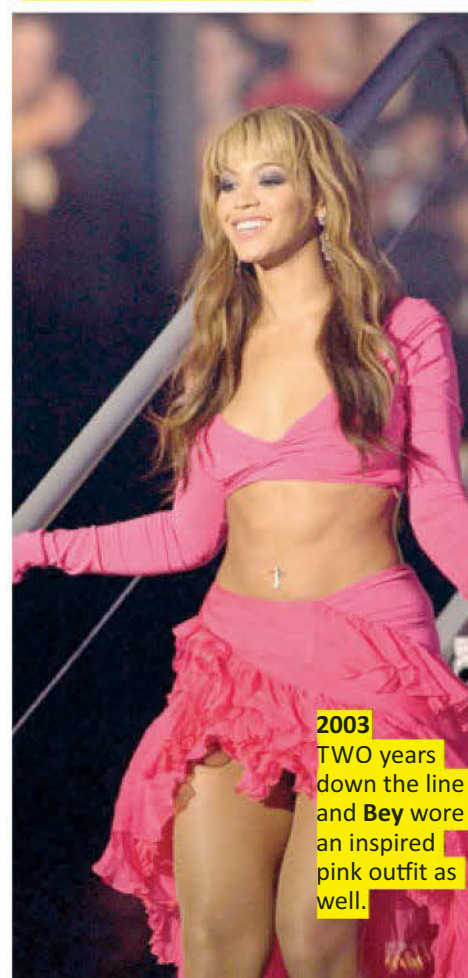
2004
Need we say more?



2008
TEN years later, **Beyoncé** wore the same style of dress for her new video, *Diva*.



2001
J.LO channelled her sweet self in this sweet pink gear.



2003
TWO years down the line and **Bey** wore an inspired pink outfit as well.



The Look?



2003
J.LO wore this coat at an after party for her movie, *Maid In Manhattan*.



2006
BEYONCÉ stepped out in style with a similar looking faux in New York.



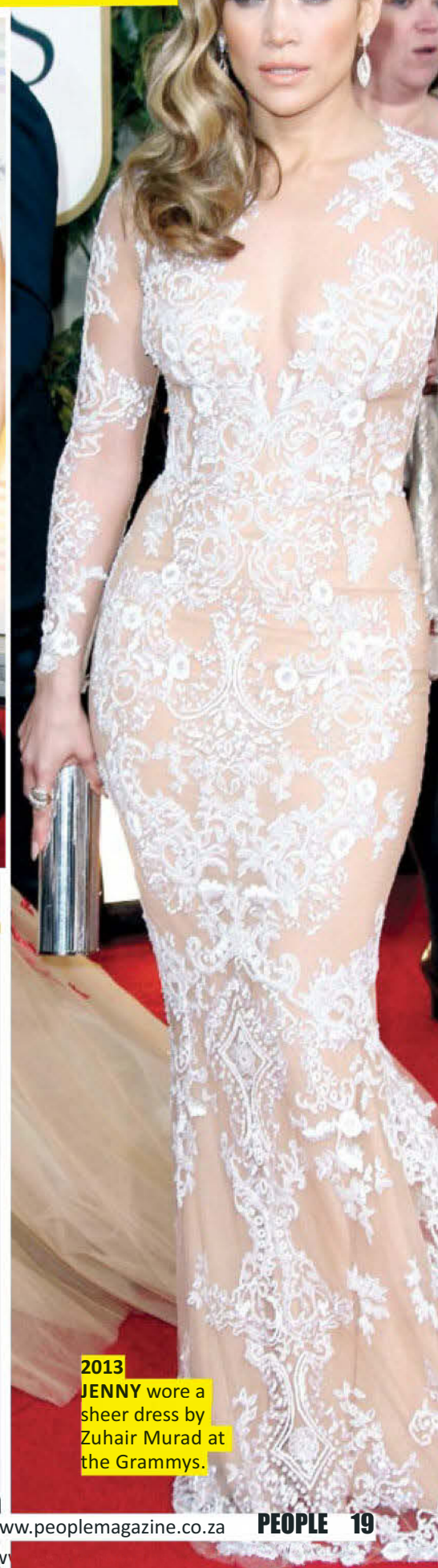
2005
J.LO looked elegant in this black number at Macy's Passport Gala.



2008
THREE years later, **Beyoncé** wore a black design at the Kennedy Center for the Kennedy Center Honors.



2014
MRS CARTER wore a Micheal Costello lace design that showed off her curves.



2013
JENNY wore a sheer dress by Zuhair Murad at the Grammys.

PEOPLE
EXCLUSIVE
PICS!

PICS: MAGAZINE FEATURES

Is Patrick Cheating On Miley?

We're Not Worried -
Miley Seems Like 'The
More, The Merrier'
Kinda gal, Anyway

PATRICK SCHWARZENEGGER has vehemently denied cheating on his girlfriend **Miley Cyrus** – after being photographed getting very close with a lady friend. The 21-year-old, who has been dating the *Wrecking Ball* singer for about five months, was photographed in a clinch with the unknown bikini-clad woman in Cabo San Lucas, Mexico during spring break. **Arnie's** son had his arms wrapped around the beauty, who he revealed was his friend's girlfriend, and the pair gaze into each other's eyes before dancing together and strolling arm-in-arm. In a series of panicked tweets, the star denied that anything happened with the pretty student and posted to fans, "Omg. It's one of my best friend's girlfriend." He added, "Would NEVER do anything against my GF....." Fans looking for an insight from **Miley** on the situation received absolutely nothing as the singer merely tweeted nonsensical stoned thoughts for the whole afternoon. "Biewty is all around us and we izzzz so lucky to be on dis planet. (I mean seriously wtf are the chances we all meet da onez we love)," she drooled.

Bond Girl Brooke?

SHE'S a model, an actress and an author – and it seems **Brooke Shields** can also add pro surfer to the list. The 49-year-old demonstrated her impressive skills on her board on the Costa Rican coast, looking trim in a skintight rash vest and shorts. The beauty had a bit of 'Bond girl' moment when she emerged from the water and showed off her toned legs as she carried the board back up the beach with soaking wet hair. Apparently the water was a little bit nippy, because **Brooke** certainly was! The actress took her first surfing lesson in Hawaii last year, and has already become quite the master. Hang 10, **Brooke**!

PEOPLE
EXCLUSIVE
PICS!

Hope Everything's
Above Board There,
Brooke...



EXCLUSIVE INTERVIEW

BY MARGARET GARDINER

Check out our
youtube channel
To catch the
interview with RiRi!

You Tube
/people_sa

PICS: GREATSTOCK

RiRi
Talks

WE got the chance to catch up with sultry Barbadian beauty **Rihanna** to find out what she's been doing with herself and why...

That Talk

RHIANNA'S an hour late, but when she enters the swanky Mandarin Oriental Hotel, dressed in a sophisticated Simone Rocha creation and flat shoes, she grabs me like we're old friends and gives me a spontaneous hug. She's the opposite of the sexy siren that we've seen on the internet. RiRi photographs huge, but she's delicately drawn, svelte, with tequila eyes and puffy lips lusciously glossed with light amber. She's meeting with people to discuss her lead role in an animated film, *Home*. The director's explained that they wanted an international cast, and **Rhianna** was the first choice. She wanted to make sure that the body on the screen didn't represent an impossible ideal for girls to aspire toward, but depicted a 'real' woman, and the animators complied, giving her character normal round thighs and a 'can-do' attitude. The Grammy winner lends her voice to Tip, a resourceful girl who is separated from her mom (voiced by **J.Lo**), when an alien race takes over the planet (with the lead alien being voiced by **Jim Parsons** of *The Big Bang Theory*). **Rhianna** also selected the music for the film.

How much did you relate to the ambitious, rebellious character, Tip, that you portrayed?

When I first moved to America I was very ambitious. I still am. My drive has always been fuelled by my passion for what I do. I love being creative, no matter what the outlet; whether it's designing or music – and now, animation. I love, love, love it. Over time my ambition has been joined by rebellion [laughs]. That's who I am. This character. She's grounded and inspiring.

What was your dream as a child?

To make music that could be heard all over the world. I didn't know it would lead to eventually selecting a soundtrack for an animated film or lending my voice to a character.

They say it's lonely at the top. Can you relate?

What is the top? [Laughs] You are never there. If you feel you are on top, you only have down to go. I don't feel comfortable saying that. But as far as loneliness goes, you can imagine what being on tour for a year at a time can do to you. You just want something familiar. You are on a tour bus for months and months. It does get lonely. But you do have a strong connection with the fans because they become what you know.

You are true to your inner

Former Miss Universe Margaret Gardiner with Rhianna



voice, not only in music, but in life – how did that come about?

Women are strong. They know their own strength but sometimes they just don't feel like being strong, because you are strong so much that it's like, just for one day, can I just pass on being strong? It's a beautiful thing to see in my generation. I am inspired by the strength of women and girls.

This film is going to do that for a lot of teen girls, who need that inspiration for strength. Tip is so bold, and real. Even her body, the way she dresses and her hair is free and not perfect. Girls are going to feel comfortable that way and be strong and themselves. The more we respect ourselves the more men will respect us.

Did someone inspire you to become who you are today?

I was blessed to be born into a family of strong women, and so I was influenced positively by them from a young age. I was lucky, because that's all I knew.

Do you have a fitness programme?

I eat tons of mac-n-cheese [laughs]. I am getting back into working out and eating cleaner, adding little by little. I hate vegetables, but I'm learning to incorporate them one by one into my diet – and drown them with other things. I'm getting better with training, too. Now it's album time, video time. It's time to get fit and tight!

And your beauty regime?

My face? This is all my make-up artist, Miller Morales. I take no credit for this. I don't have a regime. I just moisturise and use make-up wipes and water.

No facials?

No – but I need to. Thanks for reminding me!

You live a very glamorous life – what's the biggest misconception that people have about you, and what do you do at home?

There's a big misconception about my life at home. I watch TV – I'm so boring! I lie on the couch and watch reality TV, movies, and I love documentaries. Late at night I only watch cartoons because I don't want to get scared! Outside the house, though, I am so spontaneous and love to do things, get out, see things, travel the world. It has so much to offer and I can never get enough. I love exploring and trying new things and listening to different types of music.

How does it feel to do the Dior campaign?

Dior is just class. It speaks of timelessness, beauty, elegance – so to be acknowledged by them in that way... I feel very special. Not just as a woman of colour – that's brilliant as well – but as a woman full stop: to be acknowledged by Dior is special.

Rihanna recorded *Love The Way You Lie* with Eminem



Hope Releases March 17, 2015. Turn to page 62 for the poster.

Rihanna voices Tip, the main character in the movie *Home*



A woman's magazine recently asked if you were not a singer what would you be and you said a wife. So who would be the ideal husband?

[Laughs] He needs to be a man who can tolerate my schedule right now – he needs to be man enough to do that and not get scared, cause I don't have a lot of time to offer right now. It's not even fair to pull anybody into this right now, so he would have to be willing to tolerate my schedule.

Speaking of difficult relationships, I'm reminded of that song with **Eminem** – *Love The Way You Lie*. How did that come about?

He approached me. The words were so deep and honest. At the time they were very, very real to me. It was my story. This was coming from two different points of view. In that way, we were able to put a light on the situation without becoming too preachy, because kids don't receive that. They want to feel like you are on their team and that you understand them.

You come across as both sweet and provocative in public – what are you like in private life?

I have both sides. Most women do. They are strong but vulnerable. I get very fierce and passionate about my career and family. Things that make me become little girl? I love balloons – that definitely brings out the little girl in me.

What Does It Mean To Be Transgender?

BY DR KAREN KOCH

WHEN your internal and the external worlds collide.

FOR several months before he all but admitted it, speculation was rife that Bruce Jenner was transgender. He'd been spotted with long hair, occasionally wore make-up, and had his Adam's Apple reduced. But these are certainly not sufficient reasons to call someone transgender. Only the person who has gender dysphoria (gender identity disorder) would be able to know if they truly identify with another gender. Behind the paparazzi antics of *Keeping Up With The Kardashians* lies a vulnerable person who is being thrown into the spotlight during an incredibly difficult time.

What Is Gender Dysphoria?

GENDER DYSPHORIA (previously called Gender Identity Disorder) is a term used when a person's sense of gender does not match his or her physical appearance, or when 'your soul does not match your body'.

It's a difficult concept to grasp for those of us who are 'Cisgender' (born with a body matching our gender). The DSM-V (the diagnostic and statistical manual, used by psychiatrists) recently updated the condition, moving it away from its previous home under sexual disorders.

This is part of an ongoing process where society tries to understand where the boundaries of 'normal' really exist. Psychiatry is itself an evolving field. Up until 1973 homosexuality was listed as a psychiatric disease, and at the time conversion therapy was very much in vogue. Janet Mock, author of *Redefining Realness*, elegantly states her case: "I was born in what doctors proclaim is a boy's body. I had no choice in the assignment of my sex at birth... My genital reconstructive surgery did not make me a girl. I was always a girl."

Transgender is an umbrella term for people whose gender identity, gender expression or behaviour does not conform to that typically associated with the sex with which they were born. Gender identity refers to a person's internal sense of being male, female or something else; gender expression refers to the way a person communicates gender identity to

others through behaviour, clothing, hairstyles, voice or body characteristics.

Transgender people experience their transgender identity in a variety of ways and may become aware of their transgender identity at any age. Some can trace their transgender identities and feelings back to their earliest memories. They may have vague feelings of 'not fitting in' with people of their sex, or specific wishes to be something other than the sex with which they were born. Others become aware of their transgender identities or begin to explore and experience gender-nonconforming attitudes and behaviours during adolescence or much later in life.

Transgender people will seek to match their external appearance with their internal experience of themselves (their real gender). For many people, this will involve a sex-change procedure, or gender reassignment surgery, along with hormonal treatments. Gender reassignment surgery is a specialised area of surgery and endocrinology. Through the use of hormones and reconstructive surgery the 'external' physical appearance is aligned with the 'internal' identity.

Being transgender is incredibly difficult. It's not simply about sexual orientation or self-perception. It's about someone's fundamental identity.

What Happens Now?

'TREATMENT' for gender dysphoria focuses on adjusting a person's behaviour, physical appearance and coping skills to live life as their identified gender. Previously therapy focused on attempting to force transgender persons to accept their identity defined by physical appearance. Needless to say, it has never worked. Counselling is the most critical aspect of treatment. The goal of treatment may simply be to reduce problems resulting from the person's transgender status, for example, counselling the patient in order to reduce guilt associated with cross-dressing, or counselling a spouse to help him or her adjust to the patient's situation. The physical transformation from male-to-female or female-to-male is known as gender reassignment. While a skilled surgeon can place breast implants and remove male genitalia (or construct male genitalia), living with the change is the real challenge.

According to a recent Williams Institute study, 50 percent of transgender people who are openly transgender have attempted suicide. Unfortunately, surgery doesn't fix everything. The suicide rate among transgendered people who had reassignment surgery is 20 times higher than the suicide rate among non-transgender people.

There's no 'end point' to the procedures. Based on



Andreja Pejic



Mean To Be... ender?

comfort and affordability many transgender people remain in different stages of physical change. The person is 'male' or 'female' regardless of their body parts. The treatment is aimed at finding a physical and mental concordance which allows the person to function in everyday life.

Physical And Financial Cost

THE practical considerations of gender reassignment surgery is that it is a painful, prolonged and expensive process. Medical funders do not typically pay for surgery or hormone treatments. Having your genitalia altered is not a procedure any individual should lightly choose to undergo.

Does Transgender Change Sexual Orientation?

IT'S complicated. In **Bruce Jenner's** case, his transition into womanhood, with his hormonal treatment with oestrogen, will reduce the levels of male hormones.

This can affect sexual orientation.

Bruce may remain attracted to women or become attracted to men – or both.

Some specialists believe that transgender people who 'change' sexual orientation after treatment were previously 'suppressing their true feelings'. The literature suggests that about one-third of transgender people change their sexual orientation after treatment.

Bruce is in transition

Other Transgender Celebs

CHAZ BONO (son of **Sonny** and **Cher**, born '**Chastity Bono**') underwent gender reassignment surgery between the years 2008 and 2010. **Chaz** initially came out to both his parents as being lesbian at age 18. His gender reassignment process was documented in *Becoming Chaz*.

ANDREJA PEJIC, 23, an Australian runway model, first stepped out as female after undergoing sex-change surgery in early 2014. The model has caused a serious stir in the modelling industry, showcasing both male and female clothing lines for Jean Paul Gaultier prior to



Chastity became Chaz

completing her sex change. In 2011 **Andreja** ranked No. 18 on models.com's Top 50 Male Models list, was named one of *Out's* Most Compelling People, and was ranked No. 98 in *FHM* magazine's 100 Sexiest Women in the World 2011. Born Andre Pejić, this Serbian refugee, now Australian model, has the kind of androgynous looks that allow her transgender nature to be expressed through modelling.

Transgender South Africa

SOUTH AFRICA is a challenging and sometimes even dangerous place for transgender people, especially in townships and rural communities, where homosexuality and transgenderism have strong social stigmas attached to them. Several organisations support and advocate for transgenderism.

Bruce, **Chaz** and **Andreja** poignantly illustrate the fact that money, fame and success do not buy happiness. In many ways it's harder to have to undergo a vulnerable experience like gender reassignment in the public eye. Hopefully their experiences will help others to face and accept their true identities.

If you believe you may have gender dysphoria and need help, contact Gender DynamiX at www.genderdynamix.org.za or OUT at www.out.org.za. Transgender Intersex Africa is at www.transgenderintersexafrica.org.za.



**PEOPLE
EXCLUSIVE
PICS!**

PICS: GREATSTOCK

Um, Hope We're
Not Interrupting
Anything, Guys...

P.D.A. (And They Still Just Don't Care)

REMEMBER his 2007 single *P.D.A. (We Just Don't Care)*? No? Well, he's here to remind you. There's still P.D.A., and he still doesn't give a damn! Spotted loving it up on the beach was sassy model **Chrissy Teigen** and her sexy man **John Legend**. The two lovebirds, who've been married for two years now, were on location in Miami Beach having some yummy snapshots taken by photographer Bruce Weber. Of course, **Chrissy** seemed to get a bit carried away with things, and if we didn't know better, we'd swear a bit of P.D.F. was about to take place (and that's F for 'fun times', FYI!).



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PEOPLE 27

Hayley And Shaun's Wedding Extravaganza

HERE comes the bride – and she looks stunning!

BY PEARL MPHUTHI



PICS: JO SPIES

SOUTH AFRICAN actress Hayley Owen made her eagerly anticipated trip down the aisle recently to tie the knot with her gorgeous man, Shaun Watters, in Machadodorp near Dullstroom. Close family members and friends were there to witness the couple's union, and the whole affair seemed to have been taken straight out of a fairytale. We caught up exclusively with the excited newlywed to hear how she met her husband and how he proposed, and more about the big day!

Can you tell us briefly about how you guys met?

We met at a braai in 2012. I really didn't want to go but my friend needed a wingman (or should I say 'wingwoman'?) so I tagged along. So I met Shaun that night, and after a couple of drinks he told me he was going to marry me! We then saw each other at The Baron every Friday after the braai and the rest is history.

What's the craziest thing Shaun has ever done for you?

I remember I was living with my sister at that time, Shaun bought a house next door to ours and I was convinced that he was the one! We eventually started dating.

What was your family's reaction towards your then fiancé?

Shaun is a fun-loving guy who enjoys family. Thankfully, my family liked him from the start and has enjoyed getting to know him.

How did he propose?

We were in Cape Town for the Two Oceans half marathon over the Easter weekend. On Easter Sunday after the race I asked him if we could go for a walk on the beach. Shaun proposed with an Easter bunny and a ring on Long

Beach, Noordhoek, that morning. We celebrated for a good three months after that and I still get goose bumps thinking about it!

Your dress was stunning, who designed it?

It is an imported St Patrick dress from Dela Vida Bridal in Fourways.

How many guests did you invite to witness your union?

We had about 160 guests.

Did you come up with the theme for the day or was it a joint decision between you and Shaun?

I've always wanted a wedding with hundreds of roses and candles, and Shaun was happy to go with that romantic theme.

Did you experience any wedding jitters?

A wedding is probably the biggest event any girl plans so there is lots of work involved. I have no jitters in marrying Shaun, just some nerves about all the logistics of the day.

What was the highlight of your day?

Walking down the aisle towards Shaun with my mom and dad on either side of me.

Which holiday destination have you chosen to celebrate your honeymoon?

We're enjoying the warm sea, flowing cocktails and relaxing atmosphere of Mauritius!

Do you have any advice for the brides-to-be out there?

Keep things simple. Decide together what the most important aspects are for you and focus on those. Also don't leave things to the last minute!





The Nip-Tuck Trend

PLASTIC surgery is still cutting edge in SA – even though more people are avoiding the knife in favour of non-surgical interventions.

According to independent research carried out by the Association of Plastic and Reconstructive Surgeons of Southern Africa, the local market is in line with global trends, because over the past 10 years it has seen an increase of 780 percent in non-invasive procedures such as Botox injections and a 128 percent increase in breast procedures. "Global aesthetic trends have

seen treatments extending across the face now, with more areas being treated, but smaller amounts being used. The aim is a beautifully enhanced, but natural look," explains Johannesburg-based plastic surgeon and aesthetic specialist Dr Marshall Murdoch. "People want a more natural and timeless look, rather than a brash and obviously done appearance. The combination of less-invasive surgery, energy-based devices, dermal fillers and neurotoxins, tailored to the specific needs of each person, definitely produces a better result."

Bootylicious

YOU can thank J.Lo, Meghan Trainor, and Kim Kardashian. Women are increasingly concerned with having all the right junk in all the right places. While Botox and breast augmentation remain in first place in the cosmetic stakes, there has been a growing trend of butt implants, lifts and sculpting to create the perfect derrière. Kim K has been rumoured to have a surgically-enhanced behind. South Africans haven't adopted the trend as much as countries like the US and Brazil – perhaps our curves are naturally better?



Kim Kardashian

It's In The Details

FACIAL plastic surgeons are seeing more patients asking for little tweaks intended to have a big impact on a person's overall appearance and self-esteem. For example, earlobe reduction, injecting fillers into creases in front of the ears and into the hollows of the face such as the temples and jawline, using energy-based devices to remove moles and birthmarks, lifting the upper lip through hidden incisions under the nostrils, as well as soft lifts using resorbable (meaning it can be broken down and absorbed by the body) suture material to gently lift sagging cheeks, brows and jowls.

Perfect Skin

SKIN-LIGHTENING is in huge demand in South Africa. Skin lightening and blemish removal technology in the form of cosmeceuticals (prescribed cosmetic products) is improving every year, and while there are still many unsafe and skin-damaging products out there, new generation skin lighteners offer brighter complexions. Targeted treatments for dark circles under the eyes and melasma (cheek and forehead pigmentation) are especially popular.



Jennifer Lopez

BEAUTY in a syringe or at the tip of a scalpel is fast becoming the way to achieve the looks we want.

Liquid Facelifts Get Even Better

FILLERS have always been a popular and effective age-defying treatment, and with the developments being made in the industry, we can expect safer facial fillers that last even longer. It's all about lifting the face while maintaining a natural, youthful look. Cheek augmentation is very popular – reducing lines without 'bulking-up' the jawline. Take a closer look at Jennifer Aniston – she's a beautiful woman with a slightly more youthful look. Subtle sculpting, including nasal and chin corrections as well as jawline definition, can be done by a skilled aesthetician.



Jennifer Aniston

Youthful Hands

IT'S no longer all about faces and necks – hands are being given some love and attention, too. But having a manicure isn't enough – fillers, chemical peels and dermabrasion (a skin re-surfacing procedure) are all some of the techniques South Africans are investing in to plump up, smooth and rejuvenate ageing hands.

Botox Babes

BEEN frowning just a bit too much? Kylie Minogue doesn't deny life is better without a host of crow's feet and frown lines marring the contours of her face. Her secret? Botox. Botox is a quick procedure that requires precision and aesthetic skill. It leaves you with a refreshed look by preventing your facial muscles from forming frown lines. Though be careful not to go for complete facial paralysis – remember, less is more when it comes to Botox.



Kylie Minogue

Beware Of...

Cheap Knock-Off Products

It's one thing to take a chance with your handbag and quite another to risk your face. If the price seems too good to be true, it probably is, and you're getting a knock-off product. Accredited fillers like Restylane and Juvederm come with traceable coded labelling. Don't be shy to ask your doctor which product they are using.

Poorly Accredited Aestheticians

Specialist plastic surgeons and dermatologists undergo extensive training to deal not only with cosmetic products, but also complications should they arise. General practitioners and dentists can also undergo aesthetic training but they need to be accredited.

Procedures Not Suited For Your Skin

Not all non-surgical procedures will work on all skin types. In the wrong hands procedures like laser treatments, harsh peels and dermabrasion can lead to permanent skin scarring.

For more info:

Follow Dr Michael Murdoch on Twitter @drmikemurdock

Association of Plastic and Reconstructive Surgeons of South Africa at www.plasticsurgeons.co.za

Dermatology Society of South Africa at www.derma.co.za Aesthetic and Anti-Ageing Medicine of South Africa Society at www.aestheticdoctors.co.za

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GIRLS'
NIGHT IN

* A Little Partying Never
Hurt Anybody!

* Spend Time With The
Girls Before The Big Day!

JUST THE TWO

Of Us

Nicole Flint and
David van Heerden
model for us

EXCLUSIVE

Hayley Owen's

**Wedding
Hairstylist
Gives Pro tips**

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MAN!

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DIY
IDEAS





Engagement Party

LOOK amazing for your big celebration!

AS with all the events leading up to your big day, an engagement party is a must. And what better way to debut your new sparkler at your engagement party than an outfit that's show-stopping enough to match your big 'I'm engaged' smile shine? When deciding on an outfit to wear for your engagement party, your look will obviously depend on the setting. You don't want to wear something that is so over-the-top that it outdoes your wedding day look, but it should be special enough to stand out. Have a look at what we think would be perfect for an engagement party, from top to toe.

SEMI-FORMAL LOOK

White Crop Top: R399, By Witchery, Woolworths



Skirt: R499, By London Fashion Hub, Zando



Midi Rings (Set Of Six): R69.95, Woolworths



Watch: R399, Woolworths



Tribal Necklace: R260, Woolworths



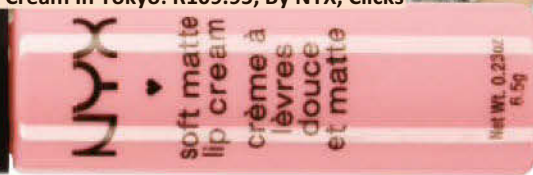
Lily James

Tip

SOFT pink lips and a

eye is always a winner!

Soft Matte Lip Cream In Tokyo: R109.95, By NYX, Clicks



Professional Eyeliner Pen: R27.50, Ralo



Mint Green Clutch: R799, By Mimco, Woolworths



Mint Green Sandals: Price On Request, River Island





Black Dress:
R2 200,
Ruff Tung

Hoops: R179, By Witchery,
Woolworths



Necklace:
R380, Zuri



Gold Cuff:
R199,
Woolworths



Black Heels:
R1 350, Errol
Arendz



Clutch: R899,
By Witchery,
Woolworths



Brow Palette:
R162.99,
Eylure



Sarah-Jane Crawford



Smoky Eyes False Lashes:
R139.95, By Bourjois, Clicks



CASUAL



Kenya Moore

Necklace:
R699, By
Witchery,
Woolworths



Bangles: R120, Woolworths



Earrings: R49, By Joy
Collectables, Zando



Bag: R1 199, Dune London



**Lipstick
In Hot:**
R168,
IMAN



Curve Creative Curl Wand: R1 899, ghd



Courts: R1 100, Errol Arendz



Jumpsuit: Price
On Request,
River Island



ENGAGEMENT PARTY CHECKLIST

TAKE care of the to-dos before your 'I do's.

- ☐ Agree on an MC
- ☐ Pick a date
- ☐ Compile a guest list
- ☐ Decide if you want to have a registry or not
- ☐ Send invitations
- ☐ Decide on decorations and centre pieces
- ☐ Plan a menu
- ☐ Plan a few games
- ☐ Go shopping
- ☐ Prepare the venue



Penguin Onesie, R257, By 40 Winks, Zando

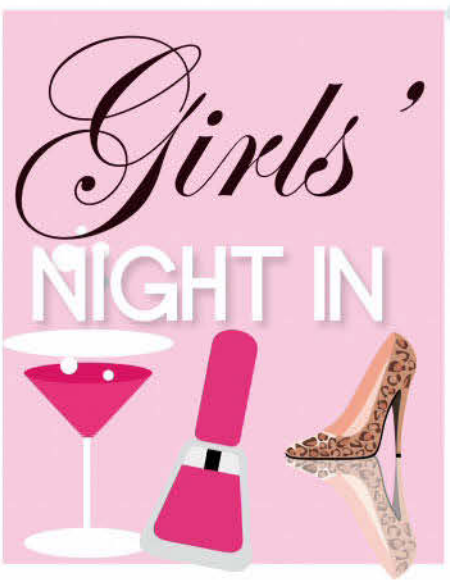
Gown: R499, Country Road



Like An Unforgettable Kiss: R114, Essence



Raspberry & Rose Crème Tarte Indulgent Bath Crème (500ml): R59.95, By Café De Bain, Pick N Pay



Slipper Socks, R85, Woolworths



Chunky Footliners, R55, Woolworths



Grey T-Shirt, R69.99, Mr Price



Cami And Short Set, R499, By Lila Rose, Zando

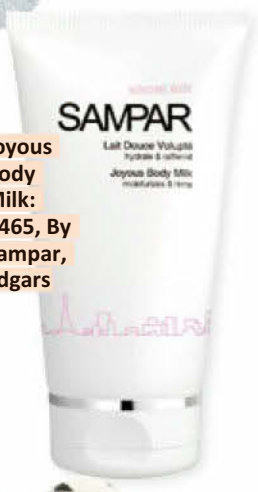
LET the relaxation begin!

AFTER you're married, between impressing your in-laws and juggling responsibilities, you tend to lose touch with their closest friends. So the night before your wedding is a perfect time to host a fun sleepover. If your bridesmaids are all around, gather them for a fun night. Pull out the cutest pyjamas, order some take-out, put on the most classic and romantic movies and get ready to pamper yourselves. And nothing beats a good old-fashioned truth-or-dare game and sharing secrets. Start the festivities and have an all-out fun night with friends, but be sure to end it early so you can get your beauty sleep.

Wedding Garden Collection In 637: R55, By Hean, Glamore



Chemise, R69.99, Mr Price



Joyous Body Milk: R465, By Sampar, Edgars



Jogger Pants, R89.99, Mr Price



Velvet Smooth Electronic Foot File: R399.99, Scholl



Eyelash Curler: R59.95, By SAV!, Woolworths



Gown: R219.95, Ackermans



Velvet Bow Slippers, R59.99, Mr Price

STYLE ME



HEAD CHAIN

IF you're having a bad hair day while on honeymoon, or if you want to add a Grecian goddess touch to your wedding dress, why not wear a headband? Just take any necklace that you like and style it.

You Need

- Lighter ♦ Necklace
- ♦ Elastic band ♦
- Needle and thread
- ♦ Scissors

Tip

MEASURING the dimensions of your face will help give you an idea of what size and shape your sunglasses should be.



1 CUT off a section of elastic or band; the length will depend on how long your necklace is. You want it to be tight enough to stay on, but not so tight that it gives you a headache. Hold it around your head to measure, if that helps.

2 SINGE the ends to prevent fraying.

3 FLIP the necklace and the elastic upside down and hand-stitch about half of the elastic securely to each end of your necklace (hide the necklace clasp underneath). You could also use glue, but stitching it is best.

DO It Yourself!

IF you fall in the category of bride who cringes at the thought of wedding DIY, change that right now. There are a lot of smaller projects that you can take on to add your personal stamp to the big day, without giving up hours of your time. Plus, it helps if you're on a budget, or if you can't find what you're looking for. Try these DIY tutorials for inspiration.



PEARL SUNGLASSES

FOR your honeymoon, why not create your own pair of stylish sunglasses? Remember, having just one trendy item can transform your whole look, even if you're wearing a bikini!

You Need

- Sunglasses ♦ Glue
- ♦ Needle and thread
- ♦ Pearls



1 SIMPLY stick the pearls onto your sunglasses. You can go classic, using all the same size pearls, or mix it up with different sizes. If you're mixing up sizes, plan your layout. If you want to go the classic route, just go crazy.

2 REMEMBER to let the (non-toxic) glue dry completely before putting on your new shades.



GET GLOWING

IF you're spending a fortune on wedding stuff, you will always be on the lookout for a way to cut costs. This can easily be done in the beauty department. We aren't saying that you should sacrifice your professional make-up artist or give up your tanning sessions, but there is definitely leg room when it comes to your beauty routine. Facials can cost a pretty penny, so why not do it at home? Here's how to make a face mask for glowing skin at home.

You Need

- Extra virgin olive oil ♦ Honey ♦
- Baking soda ♦ Bowl ♦ Teaspoon
- ♦ Brush



1 PUT a teaspoon of extra-virgin olive oil in a bowl and then add one-and-a-half teaspoons of honey.

2 ADD one teaspoon of baking soda to the mix.

3 BLEND the ingredients to form a thin paste. Add more baking soda for a thicker mask. Refrigerate for an hour or two.

4 THE mask is now ready to use! Apply it to your face, neck and décolletage with a brush. Don't forget to relax while it dries!

STOCKISTS: CLUCKS: 0860 254 257 ♦ DUNE LONDON: (011) 685-7055 ♦ ERROL ARENDZ: (021) 461-1385 ♦ EVERYTHING HAIR: 0861 007 651 ♦ EYELURE: 083-468-3686
 ♦ G COUTURE: (021) 447-3280 ♦ GHD: WWW.GHDHAIR.COM/ZA ♦ GOSH COSMETICS: 0800 203 925 ♦ IMAN COSMETICS: (011) 879-1000 ♦ RALO COSMETICS: (021) 949-5534 ♦ RIVER ISLAND: (011) 214-7781 ♦ RUFF THUNG: 082 872 0263 ♦ WOOLWORTHS: (011) 478-9111 ♦ ZANDO: 0861 192 636 ♦ ZURI: (011) 883-0918
 ♦ MR PRICE: 0800 212 535 ♦ ACKERMANS: (011) 883-7276 ♦ ESSENCE: SELECTED RETAILERS ♦ GLAMORE: WWW.GLAMORE.CO.ZA ♦ SCHOLL: SELECTED RETAILERS
 ♦ EDGARS: 0860 112 468 ♦ PICK N PAY: 0800 112 288

Romantic Allure

BRIDAL make-up for a flawless bride.

BRIDAL beauty should be a top priority when planning your wedding – after all, it's crucial for you to look and feel your best on this most special day, whether that's achieved by following a health and fitness regime, starting a skincare or nail care routine, hiring beauticians, make-up artists and hairstylists or from utilising DIY beauty tutorials. Bridal beauty should be about enhancing your own natural beauty. No matter what the trends are, we believe that it's better to look your natural, beautiful self, with just a little help from our favourite products (and our favourite celebs). Whether you're planning to do your own make-up or getting a professional, keep these tips in mind.



MARRY WITH MOISTURE

THE aim for every bride should be to have healthy and radiant skin. That's why it's important to take care of your skin and sort out any issues before the big day. Start off with a moisturiser to recharge the face and give it a boost of extra hydration (but not only on the day of the wedding – every day!).

Bright Plus HP: R595, Clarins



SHEER BLISS



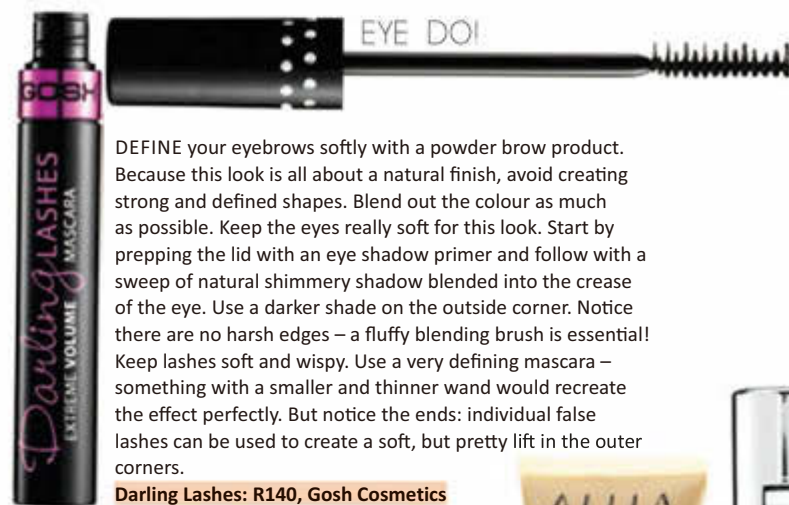
AFTER cleansing, moisturising and prepping the skin, apply a sheer but illuminating foundation with a buffing brush. Applying this with a duo-fibre type of brush will buff the product onto the skin in a much more diffused and natural way. This look is all about clean, fresh-looking skin – skin that looks like skin. After this, apply a mineral-based concealer under the eyes and cover any areas of redness. **Duo Fibre Face Brush: R530, MAC Cosmetics**
Ultra Fluid Foundation: R336, Kryolan



BLUSHING BRIDE

USING the same face brush that you used to apply your foundation, lightly sweep on a soft blush over the cheekbones. Less is definitely more! To ensure you don't end up looking overly blushed, use the back of your hand to warm up the blusher on the brush – this will take off the excess product and you won't have to worry about it looking too bright.

Nude Wear Glowing Nude Blush In Rose: R179, Physician's Formula, Dis-Chem



EYE DO!

DEFINE your eyebrows softly with a powder brow product. Because this look is all about a natural finish, avoid creating strong and defined shapes. Blend out the colour as much as possible. Keep the eyes really soft for this look. Start by prepping the lid with an eye shadow primer and follow with a sweep of natural shimmery shadow blended into the crease of the eye. Use a darker shade on the outside corner. Notice there are no harsh edges – a fluffy blending brush is essential! Keep lashes soft and wispy. Use a very defining mascara – something with a smaller and thinner wand would recreate the effect perfectly. But notice the ends: individual false lashes can be used to create a soft, but pretty lift in the outer corners.

Darling Lashes: R140, Gosh Cosmetics

CONTOUR AND ENHANCE

BEFORE applying a lightweight setting powder to the T-zone, use your fingers to dab a touch of bronzing cream over high planes of the face, such as the bridge of the nose, top of the cheekbones and inner-eye area. This creates a glowing, fresh sheen over the skin. Avoid glittery face highlighters on the big day – these can reflect a little too heavily in photos and come out looking greasy in pictures.

Auto Bronze: R295, Alila



FOREVER AND ALWAYS

APPLY your lipstick in several thin layers and blot between applications – this will give a finish that lasts the longest. Always purchase the lipstick that is applied by your make-up artist, and give your bridesmaid the job of looking after it on your big day. This way you can reapply when you need to. Lips are kept really soft – the look is almost lip-tone, for a barely-there, natural finish.

Gloss In Love In Peach Snow: R315, Lancôme





HE put a ring on it. Now it's time for you, the blushing bride, and your best girls to perfect your matrimonial manes.

NOW that you have found Mr Right, it's time to pick out that perfect hairstyle. Luckily people has got you covered with expert advice from Hayley Owen's very own hairstylist: Deidre Green. "We have worked in the industry for over 10 years now and I met the lovely Hayley Owen when working in the hair and make-up department of the soapie *The Wild* and then later again in the SABC 3 soap *Isidingo*. We are currently working on most of South Africa's favourite soaps and travel out on Saturdays and Sundays to fulfill our passion of bridal hair and make-up. I am so happy to have created her perfect wedding hairstyle for her special day! For Hayley we did a very romantic Bohemian inspired hairstyle. It's still a very trendy style in the wedding industry at the moment. A soft romantic curl works better if you have long hair and if it's blonde: Bonus!"

HERE'S HOW TO CREATE THE CURL:

1. Always use a heat protector when using a hot iron or tongs.
2. Take small sections wrapped around a hair wand hold for about eight seconds depending on the tightness of the curl.
3. After all the sections have been tonged, lightly brush the curl out with a wide tooth comb.
4. Apply silicone on your hands and smooth over all the curls, while finger styling the curls to perfection.
5. Use a light holding spray to

Expert Tip

'I love using a sea salt spray for holding curls in even longer. Spray on some sea salt spray before tonging the hair.'

Migrata Clip: R149, Mimco



Bow Hair Slide: R49.95, Woolworths



Fern Hair Chain: R99, By The Ramp, Zando

Minu Hair Mask: R345, Davines



The Wand: R1 995, By Cloud Nine, Everything Hair



Hard Head Hairspray: R259, TIGI

Sea Salt Spray: R265, Label.m



BRIDESMAID'S HAIR

DEAN BOTES from Love Hair took on the task of styling Hayley's bridesmaids. Here are his tips for any hairstyle.

- * **Messy Bun** – Pull hair into a ponytail, then pull the hair halfway through an elastic to create a loop, adjust the bun. Tuck in any loose hair with some bobby pins. This style is great when you want to take your style from day to night.
- * **Pixie Hair Or Short Styles** – Keep in mind, not all bridesmaids will have long hair. Put some mousse or pomade in the hair and blow wave with volume. Accessorise with a headband or a brooch.
- * **Half up, Half Down** – French braid the front of your hair. Continue braiding three quarters of your hair until you reach the lower back part of your head. Secure with bobby pins. Leave the back with loose curls. Add flowers or feathers. This is a great style for younger bridesmaids.
- * **Princess Braids** – Take a small section of hair and begin to braid towards the back of the head, secure the braid with bobby pins. Repeat on the other side. Accessorise hair with pretty pins of your choice. Perfect for a bridesmaid who wants hair out of her face.
- * **French Braid Chignon** – Accentuate facial features with this style. Part on the side, French braid from all the way back and secure with bobby pins. Repeat French braid on the other side. Take the loose hair roll it up, twist and pin in a bun. Simple, yet elegant.

HAYLEY'S HAIR WAS DONE BY DEIDRE GREEN. CONTACT HER ON 084 827 0236 OR E-MAIL DG.WEDDINGS@YAHOO.COM.
HAYLEY'S BRIDESMAIDS' HAIR WAS DONE BY DEAN BOTES AT LOVE HAIR. CONTACT HIM ON 011 463 9139



Tip
LOOK for a celebrity that has the same face shape as you and use them for inspiration.

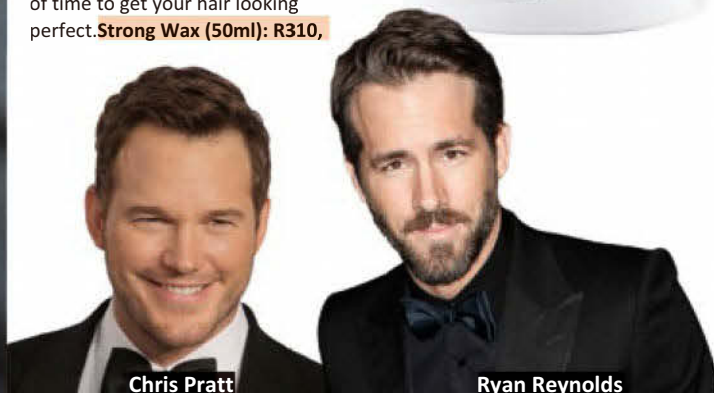
HOW To Get Your Groom On.

Is your man 'man' enough to get a facial? Now we're not suggesting that he girly up for the wedding, but guiding him and giving him tips for his grooming routine can ensure that he looks his very best for you. He probably doesn't even know where to begin or what he needs. This is where his leading lady (you) steps in. He'll need some time to prepare – so give him this timeline to follow and he'll definitely look the part of the handsome groom.

ONE MONTH TO GO:

HUSBANDLY HAIR

YOU should probably be thinking about what hairstyle you'd like on the big day by now (if not sooner). Take this period to either grow it out or get it cut to the perfect length. Either way, there is plenty of time to get your hair looking perfect. **Strong Wax (50ml): R310,**



Chris Pratt

Ryan Reynolds

CLEAR COMPLEXION

A MONTH before the wedding is a good point at which to take a look at skin, too. This will ensure you have enough time to take care of any problem areas that you may see. Check your complexion for oily or dry skin or acne problems and use products to alleviate them. Going for a facial is also a good idea to get skin in tip-top shape. If the problems are serious, consult a dermatologist.

LUNA for Men: R2 790, Zando
Maximum Hydrator: R400, Clinique



TWO WEEKS TO GO:

TRIAL & ERROR

WANT to try out some new products? Start two weeks before. This will give you time to see if the products actually work and how your body reacts to them.

TIME TO TAN

FIND out if your bride to be will be tanned for the wedding before you decide to change your own skin tone. If you plan on using fake tanner – which is the easiest solution – it would be a good idea to take care of any hair removal first. This will help to make the tanning products work better.

BODY GROOMING

THERE is now enough time to for trial-and-error hair removal. If you decide that you like the look, it's something that can be applied closer to the wedding date. If you *don't* like the results, there's still plenty of time for the hair to grow back before the big day. There should also be enough time to recover should you have a reaction to the hair removal.

Anti-Bump Shave Gel: R199.95, Black Opal



THE DAY!

SHAVE THE DAY

TAKE your time when shaving for your wedding, so you don't accidentally cut yourself or need to worry about razor bumps and burns. Also, make sure that you have everything you need for a smooth, hassle-free shave. Keeping your beard? Then make sure it is trimmed neatly, preferably by a professional barber.

Scimitar Double Edge Razor: R1 385, The Bluebeards Revenge

FINEST FRAGRANCE

GET a long-lasting fragrance. Smelling good should start from the moment you step out of the shower and continue all the way through the reception. A fragrance should be striking and masculine, but not overpowering. Your lady should also enjoy the fragrance, and it should be one that she will remember for years to come.

Man Eau De Toilette: R795, Jimmy Choo

REMEMBER the following items on the day of the wedding

- ☐ Hair Wax
- ☒ Tie
- ☒ Belt
- ☒ Socks
- ☒ Vest
- ☒ Suit
- ☒ Watch
- ☒ Deodorant
- ☒ Shoes...
- ☒ Boxers
- ☒ Most importantly THE RINGS!!!



Who will take the *honours* this year?

#SATY2015



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DStv

CHANNEL 405

JUST THE TWO

STYLIST: SUZY MUKENDI

PHOTOGRAPHER: TAMIKA MILLER

DAVID

Shirt: R449, River Island

Blazer: R2 599.95, By Delmont, Stuttafords

Chinos: R149.99, Mr Price

Belt: R119, By Muratti, John Craig

Shoes: 799, River Island



NICE the initial shock of being engaged wears off and the excitement

over the ring has (somewhat) waned, you'll have a lot to think about – like your engagement photo shoot. It is important! After all, these pictures will be hanging on the wall in your home for years to come. Obviously you want to make sure you and your fiancé are comfortable, which is important, and remember to pay attention to your personal style. Don't know where to start? One of SA's hottest couples – presenter, model and former Miss SA, **Nicole Flint**, and businessman **David Van Heerden** – share their special moment with us in an intimate, romantic fashion shoot, where we learn a bit more about them and their upcoming wedding.

Tip

A SEQUINED dress doesn't need flashy jewellery. And sometimes, sequins are all the accessory you need.

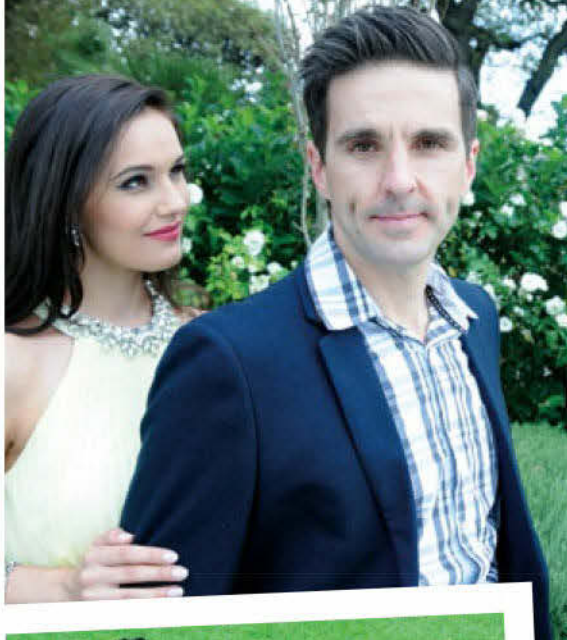
NICOLE

Sequined Dress: R10 000, Keys Fashion

Bangles: R49.99, Mr Price

Clutch: R799, Accessorize

Sandals: R549.95, River Island



DAVID

Shirt: R449, John Craig
Cardigan: R799, By Muratti, John Craig
Joggers: R179.99, Mr Price
Sneakers: R799, By Polo, John Craig

NICOLE

Sequinned Dress/Top: R3 500,
Cult Collective Mules: R199, Edgars
Necklace: R79.99, Mr Price
Hoops (Set Of Three): R150, Lovisa



Tip

SINCE sequins are so bold, go minimal on the accessories. A sleek bag or a simple piece of jewellery is all you need to make a stylish impact.



Q&A WITH THE SOON-TO-BE WED COUPLE

HUGE congratulations on the engagement! How does it feel?

Nicole: Exciting! Every girl wants the fairytale wedding and I can't wait for mine.

David: Surreal – I'm blessed to be in a union with my best friend. I'm pretty nervous, but super-excited, I can't wait to marry her!

* **Give us the details! How did David propose and was it everything you ever wished for?**

Nicole: More than everything! He took me to the Midlands (I'd never been) for the weekend after my birthday. We checked into a five-star resort. He spoilt me with a spa massage and a beautiful dinner, and as our dessert arrived (a decadent chocolate cake carried in by the head chef), all the staff walked towards me with huge posters. The word reason was written on the first, the word season was written on the second and the word lifetime was written on the third. The last poster was a puzzle with a piece missing, and as I turned to face him, he was down on one knee, holding the missing piece and the most beautiful ring I had ever seen. That's when he asked me to marry him. He always says that I'm his missing puzzle piece!

* **How did the two of you meet?**

Nicole: We met on a charity cycling tour – from Sun City to Table Bay. I immediately knew he was a special soul.

David: We met on a cycling tour for charity, and without any glitz, glamour, hairspray or make-up in the heart of the Karoo, and we realised we had everything in common.

* **Describe your partner in two words?**

Nicole: That's almost impossible – but two that come to mind are thoughtful and devoted.

David: Intoxicating and courageous.

* **What was the first thing that attracted you to each other?**

David: I remember teasing **Nicole** about standing on a scale doing our physical assessments at a lesser-known town in the middle of nowhere. There is no feeling like that butterflies-in-the-stomach feeling!

Nicole: **David** is selfless and wants the best for everybody. He hardly knew me and helped and supported me on the tour which was the first time we'd actually met.

* **What sort of wedding will you be having?**

Nicole: We want to spend a weekend with our special friends and family. I want it to feel romantic and classic.

David: AN expensive one! (laughs). We have booked an estate in the Midlands, and look forward to a traditional ceremony surrounded by Appaloosa horses, with 110 of the nearest and dearest in our lives sharing our special day.

* **When's the big day?**

David: 17th of 'LOVE-tober' 2015.

Nicole: What he said!

* **Any plans for the honeymoon?**

Nicole: As **David** said we love the outdoors and adventures! I'd love to climb another mountain but I think a relaxed sand-between-the-toes, umbrella-in-cocktail kind of honeymoon would be amazing.

David: We always end up having the most outrageous adventures together – if it's not skydiving or bungee-jumping, it's climbing Kilimanjaro, so I was hoping for a toned-down remote coastal island experience to be honest, complete with no cellphone reception, names I can't pronounce, and hugely-overpriced lobster, and exotic cocktails.

* **What advice can you give couples who are planning a wedding?**

Nicole: Discuss everything together! Agree on your ideal day, worry about the budget later. If you can do stuff yourself, allocate some time to prepare and set achievable tasks.

David: Do your research. We saw 58 wedding venues and only one gave her that feeling, the sit down and cry moment, and that's what it's all about.

NICOLE

Earrings: R150, Lovisa

Dress: R12 000, Keys Fashion

Tip

TO avoid looking like a bird, choose delicately coloured feathers. This especially applies if you'll be wearing feathers on your body.

DAVE

Shirt: R999.95, By Pringle, Stuttafords

Tie: R699.95,

By Ted Baker, Stuttafords

Waistcoat: R1 899.95,

By Ted Baker, Stuttafords

Suit: R5 799.95,

By Ted Baker, Stuttafords

Shoes: R2 399.95,

By Ted Baker, Stuttafords

Tip

THESE types of dresses are a similar to an LBD. The ruffles are so dramatic that you don't have to go crazy with jewellery – in fact the only accessory you need is the dress itself. You can stick to a necklace and a watch or bracelet and nothing more.



NICOLE
Necklace: R79.99, Mr Price
Dress: R1 100, Gert Johan Coetzee
Bangles: R49.99, Mr Price
Platforms: R549.95, By Sissy Boy, Stuttaford

DAVID
Shirt: R549, John Craig
Suit: Jacket: R2 199,
Pants: R899,
River Island
Shoes: R1 899.95, By Ted Baker, Stuttafords

NICOLE

Earrings: R160, Lovisa
Necklace: R350, Lovisa
Dress: R3 299.95, By Ted Baker, Stuttafords
Bracelet: R229, Accessorize
Shoes: R399.95, By Free 2B, Edgars

DAVID

Shirt: R139.99, Mr Price
Blazer: R1 299, John Craig
Joggers: R169.99, Mr Price
Shoes: R199.95, Mr Price



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* CREDITS: MAKE-UP BY: CARLI PRINS LOO (011) 889-0738 * HAIR BY: MARIJON AND NICOLE @ JEAUVAL HAIR SALON (011) 325-5053 | ASSISTANT STYLIST: DENAEL FLORENCE |
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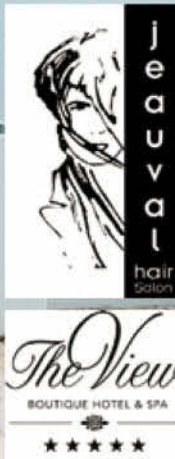


NICOLE

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Clutch: R599, Accessorize
Platforms: R549.95, By Sissy Boy, Stuttafords

DAVID

Shirt: R139.99, Mr Price
Chinos: R149.99, Mr Price
Shoes: R199.99, Mr Price



STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

CONGRATULATIONS! You're getting married!

MANY a little girl dreams about what she'll look like at her wedding, and when matrimony is just ahead, with all the excitement of planning over the next few months, selecting the perfect dress is no small feat. If you're feeling so much pressure to find the dress of your dreams, and are getting lost within the racks of white gowns, no fear. Here are the freshest trends in wedding gowns to inspire you!

We

Studs (Set): R49.99, Mr Price
Necklace: R299, Accessorize
Dress: R10 800, Bride & Co
Bangles: R249, Accessorize

Wedding Bells

AT THE BEACH

Tip

IF you're looking for some curves, sweethearts and scoop necklines are best at creating the illusion of a more curvaceous figure.



Studs (Set): R49.99, Mr Price
Pendant: R25.99, Mr Price
Dress: R10 800, Bride & Co

Tip

THE collarbone and low-cut area is one of the most alluring parts of a woman. Wearing an open neckline that shows it off will have most brides appearing longer and leaner.

Tip

GO for a dress with a lot of texture, like ruche, lace detailing or an attachment that will camouflage and fit snugly, creating a corset-like effect.



Head Chain: R39.99, Mr Price
Earrings: R140, Tessa Design
Ballgown: R7 500, Bridal Mall
Cuff: R240, Tessa Design

Earrings: R190, Tessa Design
Dress: R13 800, Bride & Co

Tip

IF you're a bit busty, a dress with a scooped neckline will open up your face and display your neck without showing too much cleavage. Don't be afraid to also try wearing a diamante necklace to finish off your look.

Earrings: R180, Tessa Design
Veil: R680, Bride & Co
Ballgown: R17 990 by Rio D, Sposabella
Bangle: R349, Accessorize

Tip

IF you're pear-shaped, a skirt that gradually flares out from the waist to the floor, highlighting the narrowness of the midsection and flowing away from the hips and thighs, will give off a more slim upper

Tip

IF you're pear-shaped, look for dresses in a boat neck cut to balance your upper and lower body.

Hoops: R180, Tessa

Dress: R16 990 by Remando, Sposabella



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KEEPING yourself mentally active benefits your mindset too!

STAY ACTIVE

For Your Brain's Health

Mind News

BY ANGELA
BEKIARIS

Keep Mentally Active

YOUR mind needs to be working all the time – so stop lying on the couch and watching one reality show after the other! Instead, during your free time, keep your brain working, stimulated and happy – and, in turn, healthy.

* Find a brain-stimulating activity you like: reading, crosswords, learning a new language – and engage regularly.

* Try carving out a little time to meditate when you feel stress is starting to get the better of you.

* Commit to learning a new word or fact every day and commit to mastering a new skill or subject area every year of your life.

EATING healthily is wonderful, but your mind needs physical activity too.

* Make time for at least 30 minutes of exercise every day of the week.

* Get approximately seven to eight hours of sleep each day.

* See your doctor regularly.

* Don't smoke.

* Maintain a healthy weight and minimise your risk for diabetes, high cholesterol and hypertension.

Good Nights Sleep For A Healthy Year

YOU might not fully appreciate the effect sleeping has on your mind and body. Lack of sleep can lead to trouble in concentration, which in turn affects your productivity and health. Experts suggest you get enough sleep every night in order to recharge and stay stress-free and healthy as you take on the challenges of the year ahead (and every other year, for that matter).

Did You Know?

ACCORDING to a new study, a compound found in red grapes and peanuts could help prevent age-related decline in memory.

Feed Your Brain

EXPERTS suggest you follow these dietary tips to keep your mind healthy.

* Switch saturated and trans

fats for healthier fats like the ones found in olive oil and fatty fish such as salmon or ocean trout.

* Maximize your intake of DHA, an omega-3 fatty acid that is a building block of the brain and is important to brain development and health throughout life.

* Eat a diet rich in vitamin E – it helps support brain health and can be found in milk, butter, eggs, vegetable oils, nuts, wholegrains, wheat germ and dark leafy greens like spinach.

* Add lutein to your diet. Lutein is an important natural antioxidant that helps maintain healthy eyes and supports brain health as we age. Dark leafy green vegetables (kale, spinach, collards and turnip greens), egg yolks, peas and corn are super foods when it comes to providing lutein.

* Aim for nine servings (each about the size of a fist) a day of fresh, washed fruits and vegetables with the skin on to maximise the nutritional punch – and make sure you're eating the colourful ones like red grapes, cranberries, blueberries and tomatoes.

Did You Know?

WORKING, or volunteering is a great way to keep your brain healthy. Make time for friends and family, join clubs or exercise classes. Your brain will thank you.



Did You Know?

EXERCISING is a stress-reliever and even helps you feel younger.



Kelly
Brook
stays
active for
mental
acuity

BY ANGELA BEKIARIS

FIND out how the stars manage to keep in tip-top shape.

CELEBRITY

Trainer Secrets

* **HARLEY PASTERNAK** who trains **Eva Mendes**, **Halle Berry** and **Alicia Keys**, suggests you work with only one arm or one leg at a time when strength training with dumbbells. This way, while you're resting one side of your body you'll keep the other side going strong. Your heart will also have to keep pumping hard through your entire workout, which means that you'll actually burn more calories overall.

* **Ashley Borden** who trains **Mandy Moore**, **Christina Aguilera**, **Lauren Graham**, and **Tori Spelling**, says instead of starting every set by counting from one to 10, decide how many

repetitions you're going to do and count backward (10, 9, 8...). This will add staying power to your workout because it gives you more of a finish line to cross, making it harder for you to quit too soon.

* **Mark Blanchard** who trains **Jennifer Lopez** and **Jennifer Aniston**, says that even if you're not in yoga class, being mindful of your breathing can pay off. Inhaling and exhaling evenly and completely makes any workout more effective by bringing extra oxygen to your muscles. Aim for about 12 inhalations and exhalations per minute.



Harley Pasternak

PEOPLE EXCLUSIVE PIC!

Reese's Early Morning Workout

REESE WITHERSPOON was seen enjoying a very early morning workout recently. There are many benefits to this.

1. It gives you brain boosting power. Exercise has been proven to increase mental focus and acuity for up to 10 hours post-workout.
2. Better weight loss. An early trip to the gym has been shown to result in fewer food cravings throughout the day.
3. More energy. Exercise releases endorphins, our feel-good compounds, that improve your mood and energy levels – an effect that can last well into the afternoon if you get your workout in early.
4. Better sleep. You won't be getting that extra energy boost as you're trying to settle in for the night.

Did You Know?

WALKING will help you burn calories and is a great way to connect with your spiritual self. It helps with relaxation, in turn helping you sleep better at night!

3 Truths About Exercise

MANY don't want to believe these tips, but they're true and you'd better start accepting them, say experts. All4Women.co.za shares three truths about exercising that you need to pay heed to if you want to reach and sustain your goals.

1. **You need to set a schedule.** Make time for 30-60 minutes of exercise time each day and stick to it.
2. **You need to focus on the best exercises.** While variety is good, doing too much of everything isn't very effective.
3. **You need to record your workouts:** If you can't measure your progress, you can't manage your success, say experts.

Fitness Tips From The Doctors

POPULAR TV show *The Doctors* has also shared some great fitness tips with all of us, and we just *had* to share them with you.

1. Move more, no matter where you are.
2. Try intense, short-duration exercises to jump start your metabolism.
3. Keep your heart rate up while working out.
4. Alter the type of workout you do.
5. Reduce bloating by jumping on a trampoline.
6. Remove toxins by sweating.

5 Fun Work Out Ideas

WORKING out doesn't have to be torture – the more fun it is, the more you'll want to do it, so find something you enjoy doing and get moving.

- * Sign up for a relaxing yoga class.
- * Join an aerobics class at the gym with a friend.
- * Take a walk around your neighbourhood – but be safe!
- * If you live by the beach, enjoy a light jog every morning or early evening.
- * Play soccer with friends.

Get Fitness Ready



Black Tank Top: R349, By Adidas, Zando

Purple Leggings: R599, By Nike, Zando

Cross Trainers: R219.99, Mr Price

STOCKIST: MR PRICE: 0800 212 535 / ZANDO: 0861 92636

GAIN the upper hand in your battle of the bulge today!

10 FABULOUS Weight Loss Tricks

Health News

BY ANGELA
BEKIARIS

1. NEVER get too hungry. When you're famished, it's hard to hold off until you can find healthy food, and you end up eating anything in sight – which usually isn't healthy.

2. Eat right post workout. Many of us are notorious for overestimating how many calories we've burned during physical activity, which is often fewer than the actual number burned.

3. Use the red, orange and green rule. At each meal include one food that is any of these colours – this will allow you to get more produce on your plate and leave less space for high-calorie food.

4. Eat one less bite. Experts say if you do this at every meal, you could avoid about 75 calories a day.

5. Be a heavy drinker. Of water, that is! It's essential for keeping the body hydrated and we're actually more likely to retain 'water weight' by not drinking enough of it rather than by having too much.

6. Goodbye to salt. Salt is a big contributor to

weight gain and often a reason why the numbers on the scale aren't going down.

7. Add spices to your food. This will help curb hunger, according to a study in the *British Journal Of Nutrition*.

8. Diet drinks won't help you lose weight. Many people who consume diet foods might be more likely to overeat, because their bodies are being tricked into thinking they're consuming sugar, and then they crave more.

9. Plate your food away from where you're eating. When it's within eyesight you may find yourself reaching for a second helping even if you really aren't hungry.

10. Eat slowly. Rapid eaters are often heavier than slow eaters, according to research from the University of Rhode Island. It takes 20 minutes for your stomach to send a message to your brain that you have eaten enough and are satisfied. Avoid wolfing down your food.

Goodbye Teatime Treats

A MOMENT on the lips is a lifetime on the hips... Teatime is fabulous – but the treats which come with it are not! Now no one is suggesting you can't enjoy your morning or afternoon cup of tea, but cut down on the goodies you've been enjoying with it. Goodbye pastries, cupcakes, cakes and biscuits. Find an alternative – after your tea, have some fruit or low-fat yoghurt instead.

Is A Chicken Burger Healthier?

MANY believe that choosing the chicken burger over the meaty one is a healthy choice, but experts say this isn't always the case. A grilled chicken burger is great, but if you're going for the crispy/fried version you're packing in as many as 670 calories, 33g of fat and 1 410mg of sodium! If you want the chicken burger, follow these great tips supplied by All4Women.co.za.

- * Opt for grilled chicken instead of fried.
- * Choose mustard over mayonnaise as a topping.
- * Go for a grilled chicken wrap instead of a burger – you'll be avoiding an average of 410 calories, 25g of fat, and 760 mg of sodium.
- * Make your own grilled chicken burgers.

Did You Know?

WEARING fitted clothing will prevent you from overeating. The elastic waistband is the enemy. Wear clothes that make you feel good, and which will make you feel uncomfortable if you overdo it with food. This way you will stay mindful of your goals and what you're eating or drinking.

Did You Know?

EATING lobster, carrots and garlic bread has been linked to an improved sex life.

5 Tips To A Healthier You

THE TV show *The Doctors* recently shared some great ways to be healthy. We reveal five:

1. Treat red eyes with diluted baby shampoo.
2. Take painkillers before your menstrual cycle to prevent headaches.
3. Eat whole eggs, including the yolk, for increased nutritional benefits.
4. Measure food portions with your hand.
5. Drink less water when eating.

See next week's issue for some more healthy tips from *The Doctors*.

Heidi Klum looking
sexy and slim

TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

FOLLOW
your favourite
celebs' exercise
routines and
look and feel
as good as
they do!



BY LISA RALEIGH

Get Kate Mara's Toned Tummy

HOUSE OF CARDS actress Kate Mara has to bare a lot of skin on screen, her flat stomach steals the spotlight, and you can get a stomach just like it. Tone up like the actress by following some of her healthy fitness tips.

Here's How Kate Gets Her Toned Tummy

- * **TRAIN Your Brain.** The star exercises often and says it helps relieve stress and keep her sane.
- * **SWITCH It Up.** Kate does a different workout almost every day, so her body never adapts to a training routine. Among her favourite routines are boxing and running with her dog.
- * **HAVE A Daily Smoothie.** The actress has a green smoothie with plenty of kale, apple and lemon each day to take in some raw veggie nutrients.
- * **GO Vegan:** Kate stays away from meat and animal by-products, and avoids gluten as well.
- * **HAVE A Cheat.** The actress knows the importance of the odd indulgence and picks French fries and red wine as her cheat of choice.

HERE are three moves to incorporate into your workout for a flat tummy like **Kate's**. They are compound moves that work the body as whole while especially strengthening your core.

1

Scissor Kicks

LIE on your back with abs engaged and head, shoulder and legs lifted off the ground. Gently cross your legs in one direction and then the other, pulling your tummy in and keeping your neck relaxed. Aim for three sets of 10-16 reps.



2

Lift And Twist

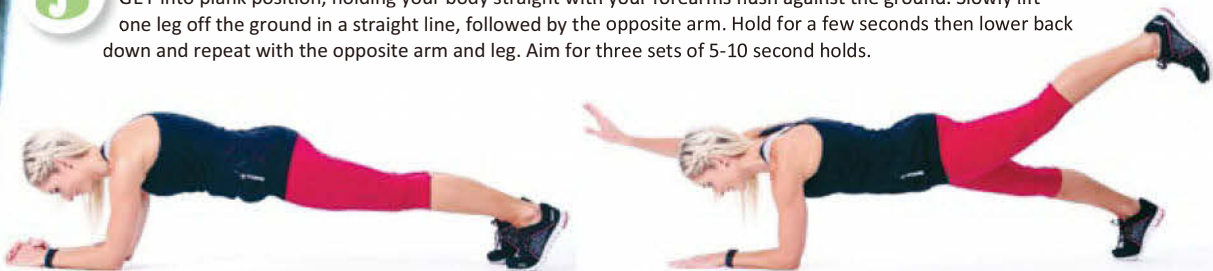
LIE on your back with one knee bent and hands behind your head. Slowly bring your straight leg directly up above you, and twist your opposite elbow in to meet it. Pause for a moment, relax back down and repeat on the opposite side. Aim for three sets of 10-16 reps.



3

Alternating Superman

GET into plank position, holding your body straight with your forearms flush against the ground. Slowly lift one leg off the ground in a straight line, followed by the opposite arm. Hold for a few seconds then lower back down and repeat with the opposite arm and leg. Aim for three sets of 5-10 second holds.



Kate has a tummy that's the envy of Hollywood

DEAR DOC,

WHAT do you do when your girlfriend believes an astrologer and decides to break up with you? We have been together for over a year. An astrologer told her we are not compatible. She believes him.

Star-Crossed Lover

DEAR STAR-CROSSED LOVER,

START by talking to her calmly and rationally. If you love each other then your actual experiences should be more persuasive than stars and planets.

Most people, no matter how devotedly they follow the stars, will not simply end a relationship because they were told to. Did she go to see the astrologer because she was having relationship concerns? What aspect of your zodiac dissonance is making her concerned?

In all likelihood she has concerns regarding your behaviour or the relationship in general. It may simply be easier for her to hide behind the 'astrologer told me to' line.

In some ways you already have your answer. Someone who values a hypothetical piece of advice from a third party above your relationship is clearly not that committed in the first place. If she's prepared to throw away what you have over something so minor, she might not be good material in the long run.

DEAR DOC,

I'M pregnant (unplanned) and my partner doesn't want to talk about it.

What should I do?

Baby On Board

DEAR BABY ON BOARD,

IT is a difficult situation. Sometimes men need time to process such momentous news. Understandably this is not the response you were hoping for. But until your partner leaves, he is still around. It's important to find someone you can talk to.

Your family, friends or a counsellor can help you through this time. You need to consider what the

pregnancy means to you and what you want to do about it. Obviously you were hoping to go through this process with the help of a loving partner.

However, you need to be clear about any decisions you make. You have decisions regarding the pregnancy and decisions regarding the relationship. Abortion, adoption, or becoming a mother – they are all good options if you feel they are. You need to think about what is best for you. Where are you in your life? What are your religious beliefs? What's your gut feeling? You shouldn't wait for your boyfriend to wake up.

Dr Karen Koch,
a general
practitioner,
answers
your health
questions.

**Dear
Doc**



DEAR DOC,

IS it true that shaving hair makes it grow back thicker, while waxing thins it out?

Grooming 101

DEAR GROOMING 101,

EVERYBODY has heard this advice. It's true that waxing reduces hair thickness over time, but it's not true that shaving worsens your fur coat.

Dermatologists have conducted numerous experiments to measure hair growth before and after shaving. There is no evidence that shaving thickens hair. Experts think that we perceive hair to be thicker after shaving as initial hair growth lacks the tapered ends, making it look and feel thicker than before. Waxing, on the other hand, can reduce hair thickness over time. Waxing entirely removes the hair follicle from the skin – over time, some degree of scarring may occur in the hair unit, leading to little re-growth in that area.

DEAR DOC,

IS there anything I can do to grow stronger nails?

Nailing It

DEAR NAILING IT,

GROWING beautiful nails is an ongoing project. Here's how.

* **DON'T** cut or manipulate cuticles: It's the first law of great nails. The cuticle is a natural barrier to protect your nails. Also, try to avoid pushing back your cuticles.

* **DON'T** use nail hardeners. It sounds counter-intuitive but most products cause more harm than good. Healthy nails should be flexible. Nail hardeners often make nails brittle and prone to damage.

* **MOISTURISE** the nail bed and the cuticle. It may not increase growth, but it will improve the appearance of your nails. Dry cuticles and nails look ragged and cracked. A little oil goes a long way.

* **TAKE** a biotin supplement. Biotin is one of the few vitamins that have been shown to improve nail thickness and prevent breaking. Take an adequate prescription strength of 2.5mg daily.

* **LIMIT** professional manicures. Everyone loves a manicure... Except your nails! Regular manicures actually lead to dry and brittle nails.

* **AVOID** acetone-based polish removers. If you have brittle nails, acetone will undoubtedly make the problem worse.

* **AVOID** rough emery boards. Those old-fashioned orange emery boards are too harsh for nails, causing small fissures and cracks that lead to breakage and tears. Rather file nails with a smooth, fine file and don't saw back and forth. File in one direction only, and do it slowly and evenly to reduce risk of breakage.

* **DON'T** overdo hand washing and limit contact with cleaning chemicals. Make sure you moisturise your hands regularly if you're constantly washing. There's no quick way to grow beautiful nails, but every woman deserves them.

DEAR DOC,

HOW much calcium is enough? Should I take a supplement?

Calcium Query

DEAR CALCIUM QUERY,

WITH so many supplements out there, you may not know which ones you should be taking.

The recommended daily amount of calcium for women is 1 000mg per day. The maximum safe amount of calcium you can take is 2 500mg per day. Not only is it naturally in dairy and other foods, but it now appears in many fortified products like cereal, protein bars, and orange juice.

To assess whether you're getting enough calcium in your diet, start by looking at your dairy intake. A 250ml glass of skim milk, 125ml of yoghurt or 40mg of cheese each contains 300mg of calcium. A single serving of breakfast cereal usually contains around 400mg calcium. Sardines, spinach and tofu are also good sources.

The best source of calcium is your diet. However, many people struggle to get the full 1 000mg every day. A supplement is helpful in topping up your calcium levels. Just don't overdose!



Be Bootylicious Like Bey!

FIND out what keeps Queen Bey in tip-top shape!

BEYONCÉ is swapping Brooklyn for Beverly Hills, and those famous bootylicious curves are about to get even sexier. The pop diva is heading to California and to a way of life that will transform her lifestyle and put an end to her body battles once and for all.

Queen Bey, who recently took her vegan challenge to the next level by launching a new food delivery service with trainer Marco Borges, is renting a mansion in Holmby Hills with husband Jay Z and daughter Blue Ivy. And the power couple, who spent 22 days following a plant-based diet last year, are said to be looking forward to the healthy options on offer in LA as they continue their commitment to a mainly vegan diet. Marco, Jay's long-term trainer who started working with the Bey in 2007, convinced the pair to undertake his 22-day challenge at the time of Jay's 44th birthday last year.

The high-profile decision to ditch the meat and dairy also inspired others, with Jennifer Lopez tackling the challenge.

Now Beyoncé's move to the US west coast has inspired the star to stick to a plant-based plan once again, with occasional seafood breaks, as the shift to the healthy-

living Mecca has renewed her commitment to eat well and follow Borges' advice.

Borges, an exercise physiology expert who has trained the likes of Gwen Stefani and Shakira, as well as Kanye West and Pharrell Williams, was the man responsible for helping Beyoncé, 33, shape up and lose almost 30kg after giving birth to Blue Ivy, now three, and he recommended at least 'one vegan meal a day because this typically gets people to eat more greens than they normally would'. Having also challenged Jay Z to eat a vegan breakfast every day, it made sense for the pair to undertake the challenge, and Beyoncé is now sticking to her plant-based plan.

"If a Houston-born foodie like me can do it, you can too – you just need to try it for 22 days," says Bey, who's said to be keen to return to Crossroads – the vegan restaurant run by chef Tal Ronnen, where she and Jay ate during the challenge – as soon as the family settles in.

But while Beyoncé's incredible curves are irresistible, it's her charisma which is the main part of her appeal. "I think that everyone should love their body. The most sexy thing is a woman that's confident and is not ashamed of anything," she says. "Nobody is supposed to be the same. Be healthy and take care of yourself, but be happy with the beautiful things that make you who you are."

Beyoncé's Plant-Based Diet...

AS Marco himself confirmed, even when the 22-day challenge was over, Beyoncé was happy to continue following its principles – after all, it's based on the premise that it takes 21 days to break a habit... "The transition was fairly easy, because she's sticking to a mostly plant-based diet with some fish here and there," he says.

In fact, instead of going crazy with a hamburger after ending the challenge last December, she and Jay headed to seafood restaurant Seasalt And Pepper in Miami, where they tucked in to pappardelle (a type of pasta), lobster risotto and seafood casserole prepared by chef Alfredo Alvarez.

Marco, who's just released a book, *The 22 Day Revolution: The Plant-Based Programme That Will Transform Your Body*,



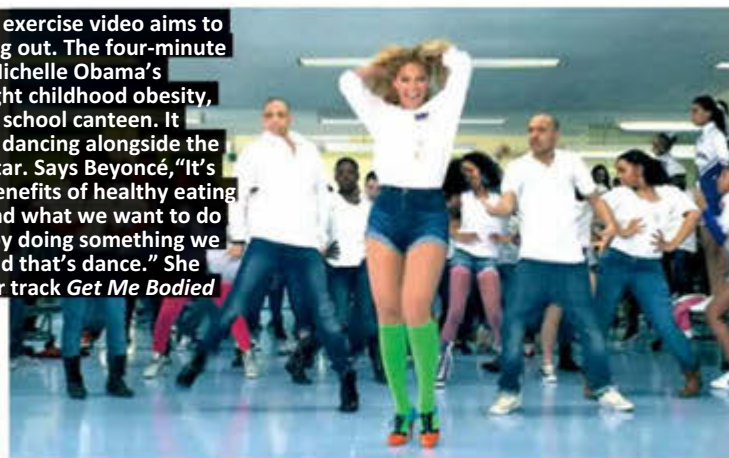
BEFORE



NOW



Beyoncé's new exercise video aims to get kids working out. The four-minute clip is part of Michelle Obama's campaign to fight childhood obesity, and is shot in a school canteen. It features pupils dancing alongside the *Crazy In Love* star. Says Beyoncé, "It's all about the benefits of healthy eating and exercise and what we want to do is make it fun by doing something we all like to do and that's dance." She re-recorded her track *Get Me Bodied* for it.



Reset Your Habits, And Change Your Life, is also a big fan of juicing, saying he makes juices for Jay Z and Beyoncé with 'everything and anything in – I just buy everything at the market.' Marco's favourite pick-me-up in the mornings is his 'Green-aid', made with celery, ginger, turmeric, pineapple (which is loaded with bromelain and is great for reducing inflammation in the body), green kale and red kale. He also says that a vegan diet is great for your heart, writing on the 22 Days website: "A diet rich in green, leafy vegetables [is] remarkable [for] improving heart health – one combined with a plant-based diet can do even more. Eliminating meat, eggs, dairy, and unnecessary oils from your diet virtually eliminates the harmful fats and bad cholesterol that can lead to heart disease."

What Bey's Eating...

HERE are some sample menus from the 22 Days Nutrition plan, which Beyoncé has been enjoying.

Breakfast: Vanilla chia pudding with fresh berries; or a smoothie with almond milk, one large frozen banana, one to two tablespoons almond butter, one serving of 22 Days protein powder, and a cup of leafy greens; or quinoa breakfast porridge with fresh berries.

Lunch: Crunchy red cabbage and green apple sesame slaw with steamed, cubed sweet potato (or one small potato, baked); or gluten-free corn tortillas with hemp hummus, red bell pepper, sliced cucumber and greens, served with steamed vegetables or salad; or a large salad with at least three cups of greens, whichever veggies you like, three tablespoons of pumpkin or hemp seeds, and a dressing of your choice.

Afternoon snack: Hemp hummus (recipe in plan) with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc); or a 22 Days bar; or almonds with a few tablespoons of raisins.

Dinner: Black bean and quinoa salad with cumin dressing; or zucchini pasta with cherry tomatoes, sweet potato, basil, and hemp 'parmesan' (recipe in plan); or a baked sweet potato with a tablespoon of melted coconut oil, half a cup of organic black beans, and steamed greens or salad.

Dessert: Dark chocolate; or raw brownie bites; or raw vegan vanilla macaroons.

Try It Yourself...

MARCO is well aware that not everybody can go 'cold turkey' when it comes changing the way they eat, which is why he started **Bey** and **Jay** off with one vegan meal a day before they embarked fully on the challenge. He advocates small steps, saying, "Once you start to feel the results, taking further action will be easy as you will have additional motivation." The first step is to adopt 'Meatless Monday', then aim to cut out dairy on that day too. He recommends taking a close look at what you're eating on a daily basis, with particular emphasis on snack choices. "As we tend to assign them less importance than meals, even though we depend on them to keep our bodies fuelled throughout the day." Swap unhealthy snacks for fresh veggies, hummus, healthy nuts or seeds, he says.

Next it's time to get inspired by some tasty vegan recipes – try some new ways of introducing more plant-based foods into your diet, like salads, soups or smoothies. "You'll be amazed at how delicious food can be without meat and dairy," says Marco.

Work Out Like Beyoncé

IT seems clear that the couple that goes vegan together, stays together – and that goes for in the gym, too. "They're like every other couple, they love spending time together, they'll work out together whenever it's possible," says Marco of his loved-up celebrity clients.

Beyoncé aims to break a sweat three or four times a week for up to 90 minutes at a time, using Marco's signature power moves, which focus on your four major joints – shoulders, hips, elbows and knees – instead of your muscle groups. "In fact, these four motions can work every muscle in your body!" he says.

Marco, who has also written a book on the technique, called *Power Moves: The Four Motions To Transform Your Body For Life*, favours cardio work along with plyometric exercises (exercises in which muscles exert maximum force in short intervals of time) – in reality, this means he has Beyoncé alternating between walking, running and sprinting, as well as running stairs, and mixing it up with jumping lunges, body-weight squat lunges and pliés.

And according to Marco, it all comes down to dedication. "Consistency is the key to success,"

Bey's trainer shares. "Remaining consistent to the programme you have back home is always the biggest challenge. You don't always have a gym, you don't always have the right foods available or a juicer to make your juice in the

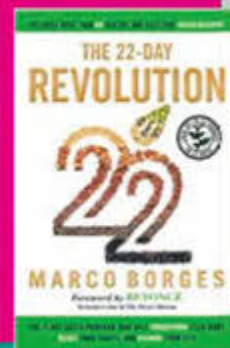
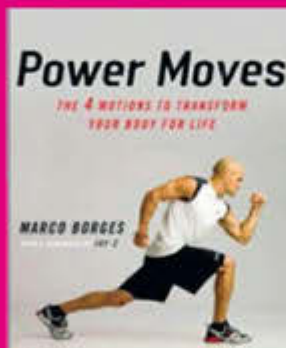
morning. Initially, you would think that it's almost impossible to be consistent when you're on the road, but if you plan ahead it becomes extremely simple. Consistency goes a very, very long way – it is not how much you do today, it's how much you do every single day. At the end of the day, it's all cumulative, so some people go and run 16km and then consume way too many calories and undo everything that they have just done. So it really is about being conscious about what you're putting into your body and motivating yourself enough to make all the right choices."

Marco says his power moves are perfect because they can be done anywhere, and help Beyoncé to feel great about herself and boost that trademark confidence of hers.

"The great thing about these moves is that you can do them at your desk, in your home, in your hotel room," Marco explains. "You get this instant confidence boost when you work out, even if you're just engaging your muscles for five minutes – it's just something that gives you unbelievable empowerment and energy instantly."

Importantly, Marco always keeps things different for the couple, a fact which isn't lost on Jay Z. "I've probably got slightly more patient as the years have gone on, but I still can't deal with anything that's boring or just the same thing over and over. Marco is an innovator and not about routines. Every day is a new adventure," says the 99 *Problems* hit-maker. For Beyoncé, who recently gave a sneak peak of her intense workout regime, doing sit-ups, squats and boxing punches in honour of Michelle Obama's Let's Move anti-obesity campaign, it's also important to have the right soundtrack, too. "I'll put on a song that I really like and do biceps curls with two kilogram weights for the whole song," she says.

"I work out a lot, about an hour-and-a-half a day. I do circuit training and treadmill and I run about four kilometres. Oh, and I do a lot of squats for my quads, thighs and booty. I love big strong legs and I already have curvy ones, so I have to make sure I keep them tight."



*Marco's *The 22 Day Revolution* and *Power Moves* are both available on Amazon.com



BY VERA FOURIE



Easter Treats

EASTER is a very exciting, fun time for kids! They just can't wait for the Easter Bunny to bring them chocolates – or, if the 'Easter Bunny' has time, set up a little Easter egg hunt for them... Kids love the thrill of searching for hidden chocolatey treasure, so make it fun and exciting. Wrap some of the eggs in bright paper, and hide them in the garden. Pegging them to low branches, or making them just visible are great ways to do this. And while they're entertained, you can organise a tea party with family and friends. Serve some delicious hot cross buns, cupcakes, juices and other Easter treats. Here are some suggestions to inspire you.



Chocolate Meringue Easter Nest

Meringue Ingredients

100g Cocoa chocolate (60-70 percent cocoa solids), chopped
3 Teaspoons cornflour
2 Teaspoons white wine vinegar
1 Teaspoon vanilla extract
5 Egg whites (at room temperature)
A Pinch of salt
250g Castor sugar

The Decorations

40g Chocolate solids chocolate (60-70 percent cocoa solids), chopped
Matchmakers chocolates
Sugar-coated chocolate eggs
Chocolate birds (optional)

The Filling

200g Chocolate (60-70 percent cocoa solids), finely chopped
300ml Double cream
1 Tablespoon of golden syrup

Directions

PLACE the chocolate in a bowl to melt and set aside to cool down. Once cooled down, beat the cream stiff, then add the syrup and cooled-down chocolate, and whip until thickened. Melt 40g of chocolate for the decoration in a small bowl, or in a microwave. Using a fork, flick it over the meringues and allow to set. Next, place meringue on a plate or cake stand, dab some chocolate cream over the top and spread to the edges. Place the indented meringue on top, spread the remaining cream in the centre and fill with eggs and birds to your taste.

Directions

PREHEAT the oven to 140 degrees Celsius and line one large (or two smaller) baking trays with baking paper – using a 20cm diameter plate, draw two circles (make sure they're spaced apart if using one tray). Turn the paper over and grease the top circles with butter, then set aside. Melt the chocolate in a heatproof bowl set over simmering water (make certain the bowl doesn't touch the water), and once melted, let it cool down. Meanwhile, in a cup, mix the cornflour, vinegar and vanilla. In a large, clean bowl, whisk the egg whites and salt to soft peaks, and continue whisking while adding the sugar a spoonful at a time, alternating with teaspoons of the cornflour mixture. It will be thick and marshmallowy. Spoon the melted chocolate in with the cream for a rippled meringue, then spoon the meringue between the circles on the baking parchment, spreading it to the edge of each piece. Make an indent in the centre of one of the meringues and bake for one hour. Turn off the oven and leave the meringues to cool down completely inside the oven – keeping it closed. They should come out crisp and a bit cracked, with marshmallowy centres.



Marshmallow Nests

Ingredients

3 Tablespoons butter or margarine
4 Cups marshmallows
6 Cups Rice Krispies
½ Cup speckled eggs

Directions

IN a large saucepan melt the butter over low heat. Add marshmallows and stir until completely melted. Remove from the heat, and add the Rice Krispies, mixing well. Press firmly into muffin tins and place in fridge for about 20 minutes. Then remove from the tins, place on a plate and fill with the speckled eggs.



Chocolate Easter Bunnies

Ingredients

170g Chocolate, broken
45g Butter
300g Marshmallows
180g Rice Krispies

Directions

PLACE the chocolate and butter in a large saucepan and melt over a low heat. Add the marshmallows and stir until the mixture is completely melted, then remove from the stove, add the Rice Krispies and stir until well mixed. Press the mixture into a well-greased Swiss roll pan and, using a spoon, flatten it nicely on top. Let it cool down, then use a large round biscuit cutter, and one smaller circle biscuit cutter, and cut the cereal mixture into shapes. To make each rabbit, attach one rabbit head shape to the top of a large circle body shape using icing or melted chocolate, then cut out ears, which you'll attach to the head. Let the kids decorate the rabbits with icing and sweets.



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A Recipe For Disaster

Real Life

CHRIS MONGER learnt the hard way what happens if you ignore the 'don't try this at home' warning that often precedes stunt footage.

I WAS sweating over a hot stove – but I was cooking up a storm. 'What are you up to?' my mom called from the kitchen table. 'Never you mind,' I grinned, watching the sugary mixture bubble up. We'd spent the evening catching up with my sister, Georgina, but with the girls chatting away, I could finally get back to my little experiment...

"I worked as a cellphone repairman, but I had a hobby – anything labelled 'don't try this at home' got my heart racing. Since I was living in mom's three-bedroom house, I spent a lot of time surfing the Internet for weird and wacky things to do – and the night before, I'd found an amazing online tutorial on YouTube..."

"Now I was cooking up some homemade rocket fuel! The how-to video I'd found had already been hit with two million viewers and, in just five minutes, it'd given me step-by-step instructions on how to make rocket fuel of my very own. 'Armed with just a saucepan, water, and chemicals that I'd bought on eBay, and white sugar, the mixture took a few minutes to boil into a thick paste. It could then be scooped into plastic containers and set on fire using a blow torch outside. After watching white smoke shooting up and out of the rocket on the online clip, I hoped my own experiment would go off with a bang! I planned to set off my rocket, filming the results to give my friends a laugh on Facebook."

"'Are you sure this is safe?' mom asked. She knew I was making homemade fireworks, but so far I'd managed to keep the rocket fuel part under wraps. 'Don't worry, it looks just like porridge,' I laughed."

"Suddenly, there was a huge blast! Mom's screams were muffled by a loud ringing in my ears."

"It turned out that the bottom of the saucepan had burnt off, letting the flammable mixture run onto the hob. 'Chris! You're on fire!' mom yelled. The stove was burning, and flames were scorching my hands and chest."

Coughing and spluttering, mom and Georgina ran outside to call an ambulance, before switching on our garden hose to extinguish the flames. 'Oh my God, look at your back,' she cried, seeing the red raw blotches where patches of my skin had been seared off.

"About 10 minutes later, the ambulance arrived. Mom and Georgina waited at home for the fire brigade, who were coming to examine the damage and make sure everything was safe. I was given a soothing antibiotic ointment to cool my skin, but the burns were so severe I was transferred to a centre for plastic surgery and burns."

"Looking at my charred body, I feared the worst. My face, hands, chest, arms and back were covered with

huge, red blisters oozing clear liquid. A consultant confirmed I'd suffered second degree burns and 12 percent of my body had been charred. 'You're lucky you don't need a skin graft,' the doctor said. 'With time, the burns should heal.' Later that day, nurses scrubbed my skin to clean the burns and prevent any infection, before wrapping me in bandages. Sending mom a picture, I tried to smile through the pain. 'I look like an Egyptian mummy in these things,' I captioned the sms pic. "After five days in hospital I went home. And thankfully, I've made a good recovery."

After having my dressings changed every day for two weeks, my burns started to heal.

I'll only be left with minimal scarring to my hands and stomach. "I owe mom a new kitchen, though, and I contacted the producer of the rocket fuel video to request that he take it down. My prank was reckless and foolish and I'm just fortunate that my injuries weren't worse. I found out the hard way: I'm a grown man who shouldn't be playing with fire."



Chris escaped having to go through skin grafts with second degree burns and 12 percent of his body severely burnt



The skin was burnt off on areas of his hands



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PEOPLE 63

people Has Heart

BY VANESSA PAPAS

All Creatures Great And Small

ELECTROCUTED, shot, knocked over, snared, poisoned – countless vervet monkeys have lost their lives since the start of the year.

A BABY vervet monkey, Lucy, was found paralysed in Pennington, while another, baby Delta died in the arms of his foster mommy from complications after being shot in the abdomen with lead pellets.

Poisoned and dying, a young female was rushed to the vet after she was found convulsing in the grass in a back garden – beside her lay the already cold body of her tiny eight-week-old. A different female lost both her arms after being electrocuted.

A handsome adult male vervet monkey had to be put down after being shot with a pellet gun by a resident in Lincoln Place, Farningham Ridge, Pinetown – the bullet struck the monkey near the brow, just above the left eye, ripping through his brain and finally lodging in the skull at the back of his head near the base. Totally blinded, terrified and in excruciating pain, he fell to the ground, where he stumbled around in circles for hours, before he was noticed by a caring resident. These are just some of the harrowing cases of abuse of indigenous monkeys in South Africa in the last two months. Working tirelessly to help save the vervet monkey, Carol and her husband Steve Botha have seen the ugly side of mankind. Founders of Monkey Helpline, a vervet monkey rescue organisation based in KwaZulu-Natal, the pair and a number of volunteers have been working at educating the public about monkeys for the past 20 years, as well as rescuing those in need, many of which have been severely injured by electrocution.

“Electrocution on high-voltage power lines is an ever-present danger facing the vervets, as they use aerial pathways to cross roads, avoid dogs, and just get from tree to tree while they forage for food, water, and places to rest safely,” says Carol. “Very few monkeys survive the electrocution, which causes immense damage to muscle tissue and their internal organs. Their suffering after



electrocution is really bad and we usually have them euthanized at a vet as quickly as we can. Sometimes the monkey might lose all or part of a limb, and survive for years in the safe company of its troop, but usually the handicap results in an early death from predation by dogs or other wild animals, or just from the stress of having to compete with the other able-bodied monkeys in the troop.” According to Carol, monkeys who have suffered electrocution are often mistakenly identified as victims of snaring or other misfortune.

“People don’t know the devastating effects of high voltage running through a fragile body,” she says. “The heat of the electricity literally cooks the body, as if it’s being microwaved, and the arm or leg will start liquefying within about three days, from the hand or foot up. Then it dries out and eventually self amputates. If the monkey does not die from infection or the destructive invasion of maggots, it

PAY IT FORWARD

MONKEY HELPLINE is looking for young banana trees from a stock that fruits well. They would like to plant 20 at the bottom of their property as a food source for the wild free-range troop. The organisation is also looking for a brush-cutter (please, *not* a weed-eater) that can be used with either nylon strips or blades to help them maintain the property. If you can help, please contact Steve on 082 659 4711. Remember, they are also collecting books for their book sale.



res nall

EVERY week we bring you stories of ordinary people who've overcome extraordinary circumstances and offer you the chance to pay it forward.

can survive tenuously with three functional limbs, but, as I have said, they seldom survive any length of time because nature rarely accommodates anything but fully fit, functional and able-to-compete animals. And of course there are also the trigger-happy individuals who take it upon themselves to 'take out' such animals, often using airguns (pellet guns), which is illegal."

Carol says the only way to help to this widespread problem is for power lines to be placed underground wherever possible or for high-risk power line connections and transformers to be insulated. "This won't solve the problem in its entirety, but it will result in a huge reduction in the number of deaths and the amount of suffering caused by monkey electrocutions," she explains. "Wherever people are aware of animals being electrocuted on power lines and transformers, they should contact the authorities and ask for insulation of these points. If they see that the animal is still alive, they must immediately call for assistance from an animal care organisation such as Monkey Helpline. Even taking the simple step of placing a laundry basket over the injured animal and holding it in place until help arrives would be a huge help."



This female monkey lost both of her arms. She luckily escaped getting an infection and is living on the a farm with her troop

BORN WITHOUT EYES

SMILEY the golden retriever was born without the gift of sight and grew up in a puppy mill. From a rough start in life, Smiley is a beacon of hope. He shows that all you need in life is an open heart and someone to love. Despite all the setbacks, his outlook on life remains positive. He smiles all the time and even serves as therapy dog for the disabled and mentally ill, bringing joy to those who need it most.



PICS: MAGAZINE FEATURES / INPRA / GREATSTOCK

MEDDAHI THE SURVIVOR

ONE **people** reader, Maja Dezulovic, tells us of her encounter with Meddahi – a rhino that survived an attack from poachers. "We found Meddahi with a week-old bullet wound in his head. Luckily the bullet had missed all the vital areas, and after treating it, the vet was confident that it would heal. Meddahi is one of many rhinos in the wild whose lives are in serious danger because poachers hunt them down and kill them for their horns, which are thought to have mythical medicinal properties in Asia. Meddahi is a survivor. We were able to sedate and treat him, and he is now registered with the wildlife organisation. Should he be harmed, a microchip will assist in the prosecution of the perpetrators. Around 1 215 rhinos were poached last year, and 2015 has already seen 49 rhino slaughters. Thanks to the efforts of game rangers, wildlife foundations and sponsors, some rhinos receive a second chance at life and have become a part of the surviving generation of rhinoceros."



INCIDENTS of cruelty, abuse or neglect of animals can be reported to every SPCA, a full list of which with contact details can be found on www.nspca.co.za

Do you have a story for Animal News by Eugenia Booï (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write Animal in the subject line. We will give you R500 if your story is published!

Take Me Home

This week we have some adorable dogs from Irwin Animal Rescue.

How To Adopt: If one of us has caught your eye and you're willing to provide us with a loving home, please phone Tanya Sequeira on 079 618 5522 or Tanya.sequeira01@gmail.com

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- * Do you travel a lot?
- * Does your complex / neighbourhood allow pets?
- * Do you have a safe and secure home for the new addition?
- * Do you have the time and money to look after a pet?

- * Will you love and care for this animal at all times?
- * Will the animal fit in with your other pets?
- * Ensure the breed is one that suits you and your family.
- * Do you have enough space for the pet to run around?
- * Do you have kids? If yes, take the correct security measures before adopting.



Ben



Christy



Alvin



Erika



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PEOPLE 65

Nearly Killed By An Sms

BEAUTIFUL and intelligent, 17-year-old Liz had it all. And a split-second was all it took for her to lose almost everything.

SOURCE: DOUBLE VISION MEDIA



It was a miracle Liz survived

BETTY SHAW lives with her husband Jim and daughter, Liz. There's a photo hanging in Betty's bedroom that she looks at every morning when she wakes up: It's her daughter Liz's senior high school portrait from three years ago, taken just weeks before her high school graduation. At the time Liz, then 17, was popular, outgoing and stunningly beautiful. With her long blonde hair and bold brown eyes, she was working

towards her dream of becoming a model. Now Liz barely even looks in the mirror anymore. The memory of what she used to look like is sometimes too hard to face.

April 7, 2012, began as a spring day. Liz had a sleepover the night before at a friend's house, and was planning to return home that morning before going to work. At 10h48 she sent her mom an sms: "Hey mom, I'm running late. I'm going straight to work," she wrote. Normally Liz was responsible and on time for everything. She always went home after sleepovers to check in with her parents before heading off to work. But this time she hadn't. "OK," Betty smsed back, intentionally trying to be short with her daughter.

"We would always say, 'I love you' at the end of each message," Betty says, "But I was angry with Liz and wanted to send her a message loud and clear that I was upset that she hadn't come home."

Less than 20 minutes later, a police officer was at Betty's front door. Her husband – Liz's step dad – answered. "Sir, I'm afraid we have some bad news," the officer said. Standing in the next room, Betty couldn't hear the whole conversation, but from the look on Jim's face she knew it wasn't good. "Is it Liz? Is she alright?" she screamed. "She's been in a car accident," Jim said. "We need to

get to the hospital straight away."

Liz had been airlifted to the emergency trauma centre nearly 112km away from their home. Jim drove while Betty frantically tried to figure out what had happened to her daughter. Then, her cellphone rang. It was the hospital calling.

"Immediately I thought she was dead," recalls Betty. "I thought they were calling to tell me we'd lost her." Luckily, that wasn't the case. Instead, the doctor was calling to see if Liz had any allergies or was taking any medication.

"I just remember saying no to all of their questions," tells Betty. "Then, sobbing into the phone, I begged the doctor to do whatever he could to save my daughter's life. He assured me he would."

When Betty finally arrived at the hospital, Liz had just got out of surgery. "Your daughter is a very lucky girl," the doctor told her. It was a miracle she was alive after suffering severe brain injury, a fractured skull and collapsed lung. But seeing Liz hooked up to a life support machine was too much for Betty to handle.

"I remember Liz's long blonde hair was shaved off and she had tubes running in and out of her body," Betty recalls. "Her face was so banged up and deformed, I didn't even recognise my own daughter."

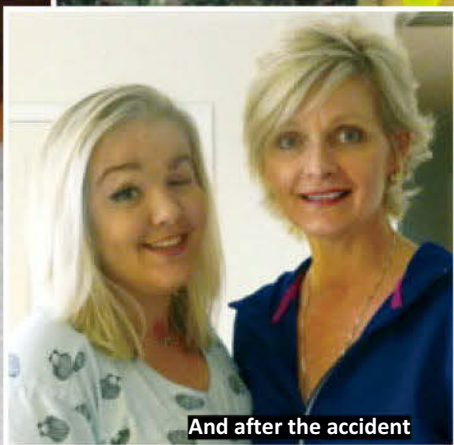
Before the accident, Liz was a beautiful girl and an aspiring model. But lying in the hospital bed and fighting for her life, Betty knew her daughter would never walk another runway.

According to police, Liz had been driving within the speed limit, around 70km/h, when she crashed into a tow truck that was stopped at a red light. The flatbed from the truck went directly through

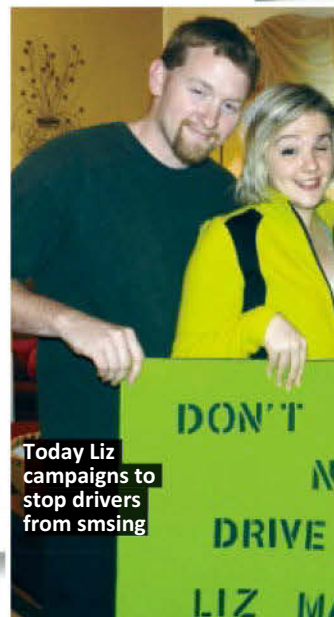
Liz's windshield, with her face taking most of the impact. And with no break marks on the road, no airbag deployed and Liz's phone recovered on the car floor, it could only mean one thing: "We believe your daughter was smsing while driving and looking down at her phone at the time of the collision," the



Liz and Betty before the accident



And after the accident



Today Liz campaigns to stop drivers from smsing

d...

officer reported. "Had her head been lifted up even a few centimetres, she could have been decapitated." Immediately Betty broke into tears, grabbing onto her

husband and holding her daughter's hand tight. It wasn't like Liz to be so careless.

"I'd told Liz countless times if I ever found out she was smsing behind the wheel I would take her phone away," Betty exclaims. "She swore to me she would never sms and drive.

I just couldn't understand what was so important in that message that it couldn't wait." Enraged, Betty was determined to find out which friend Liz had been messaging at the time of the crash. The next day, while Liz was still in ICU, Betty went home and looked through her daughter's cell phone. Suddenly, her living nightmare became sickeningly worse.

"I just remember scrolling through Liz's last text message and gasping," Betty recalls. "Oh my God, I thought – it was me! Liz was reading the text I'd sent her when she crashed into the truck."

Sitting on Liz's bed, staring at the screen, Betty read her message over and over again until she eventually blacked out from shock. When she finally came to and looked at the clock, two hours had gone, two hours which she'd spent just staring blankly at her daughter's phone.

"I didn't know how I would ever forgive myself after nearly killing my daughter with a stupid message," she says.

Thankfully, after six days in ICU, Liz finally came off life-support and was transferred to a brain trauma rehabilitation centre. In addition to her brain injury, she was blind in her left eye, deaf in her left ear, and had lost her ability to smell. Because her tear ducts were so badly damaged, she even lost the ability to cry.

"For months the recovery process was like a roller coaster ride we couldn't get off," Betty recalls. Liz had to learn how to walk, talk, and even swallow all over again. Since she couldn't speak she communicated by pointing at things and she had feeding tubes because she couldn't remember how to eat.

"Her brain injury was so severe, she was basically like a toddler stuck inside a teenager's body," Betty explains. "Just weeks before, we were celebrating her status as an honour student, and now she couldn't even read or write." Liz spent her 18th birthday in hospital and missed both her matric dance and high school farewell.

"Eventually she was able to recite the ABCs, and that was a huge victory for us," Betty recalls. "It was also the first time I'd heard my daughter's voice in nearly six weeks."

For the most part Liz's long-term memory was still vivid, but her short-term memory was gone.

She knew her family and she knew where she lived, but when her friends came to see her she couldn't remember their names. "It was nice for Liz's friends to visit and bring gifts, but seeing

the confusion on her face was heartbreaking," says Betty.

Finally, after three months in hospital and 15 different surgeries – including five facial reconstructions – Liz was cleared to go home. She'd gone through enough physical therapy to get her walking, talking and even eating on her own again. But unfortunately her physical progress was only the beginning. Liz still had a lot of work to do emotionally.

"I remember one day Liz came to me and said, 'Mom, I'm so ugly! It's your fault for sending me that text and ruining my life.' I was heartbroken and full of guilt. I didn't know what to say."

While she tried to soothe Liz's fear and anger, reassuring her daughter that she was beautiful inside and out – and that it didn't matter how she looked – deep down Betty was consumed with guilt. Whenever Liz went out in public everyone stared and laughed at her. Before the accident Liz was used to getting attention because she was so pretty; even strangers would encourage her to model. Now, they were staring at her because of her deformities.

"After one particularly hard day Liz broke down," Betty recalls. "She said, 'People think I look like a monster. I just want to die.' The doctors had warned me something like this could happen. They said once a patient says they don't want to live anymore their mind and body begin to shut down and they never fully recover. But I wasn't going to let that happen to Liz."

Living in fear that Liz might try and hurt herself, Betty quit her job and spent every waking moment trying to save her daughter from herself.

"I hid all the knives in the house and slept in Liz's room every night," tells Betty.

"I even tied a string from my wrist to hers so if she tried to sneak out in the middle of the night I would wake up." Eventually, Liz's threats became so worrisome that Betty decided to admit her to a psychiatric hospital. Thankfully, after nine days of intense therapy and anti-depressants, Liz slowly started to come around.

One day, while they were out shopping, a woman asked Liz about her scars. "Normally Liz was very reserved and quiet about her accident, but I was happy to hear her talk openly about it," Betty recalls. "She told the woman she been in an accident after smsing behind the wheel. She said all of her friends were doing it and she thought she was invincible, but in an instant her whole life changed." The very next day the woman invited Liz to be a guest speaker at her son's school.

Now, three months on, Liz has found a new purpose in her life, pouring all her energy into warning teens and parents about smsing and driving.

"I'm so proud of Liz for turning such an horrific event into something so meaningful," says Betty. "Now, instead of looking in the mirror and seeing something ugly, Liz recognises that she has a new kind of beauty. She will probably never be a model like she once dreamed of.

But she's hoping to one day go to cosmetology school so that she can help make other people look and feel beautiful too."

Verdict

BY WALTON GOLIGHTLY

THE PERFECT MURDER

'I WAS rather pleased. I think I did rather well. The strangling itself was quite easily accomplished.'

IT was August 1951 when Herbert Mills, 19, phoned *News Of The World*. "I've just found a woman's body," he said. "It looks like murder." Herbert was asked where he was and told to stay there until the police arrived.

Mills hadn't been lying. He led the police into some woods nearby, where they found the remains of Mabel Tattershaw, 48. Mills handed over a broken bead necklace, which he said he had picked up near the scene of the crime, and gave a hazy description of a man with a limp he had seen in the vicinity.

After giving police fingernail parings and a blood sample, Mills went to speak to *News Of The World* crime reporter Norman Rae. He told Rae how he had been seeking inspiration for a sonnet in Sherwood when he had come upon the body, 'white and pale'.

Meanwhile, investigators began looking into Mabel's life. She was married to a man who worked away from home and had two daughters. "Poverty had been unkind to Mabel," says a contemporary account of the crime. "It had aged her beyond her years." To make ends meet she took in lodgers. "Like a shabby spectre on life's periphery, she came and went unremarked. Who, detectives wondered, even noticed poor Mabel Tattershaw, let alone felt compelled to kill her?"

Journalist Norman Rae had a problem of a different nature. His paper had offered to pay Mills for his story, and the young man wouldn't stop talking... With a sickening feeling growing in his stomach, Rae noted that each statement was a little more explicit than the last.

Finally, on August 24, in a hotel, Rae got Mills to confess to the crime. Mills wrote for an hour. "I had always considered the possibility of a perfect murder," he began his confession. He'd met Mabel in a cinema on August 2, and somehow they'd got talking. "Seeing the possibility of putting my theory into practice, I consented to meeting her on the morrow," he continued.

Clearly flattered at being 'noticed' by a younger man, Mabel kept the appointment and allowed Mills to lead her into the woods. "She took off her coat and laid down. She said she was cold and I covered her with her own coat, and then my coat. And then I put on a pair of gloves..." he wrote, adding, "I was rather pleased. I think I did rather well. The strangling itself was quite easily accomplished."

However, as the prosecution revealed at his trial, Mills had done more than merely strangle Mabel Tattershaw. He had also bludgeoned her several times both before and after death.

Mills' defence claimed he had found the body, then lied about having killed Mabel in an attempt to gain notoriety and money. But forensic evidence linked Mills to the murder by identifying hairs from his head on the victim's clothing, while fibres from under Mabel's fingernails came from the blue suit Mills had worn on the afternoon of the murder.

Sentenced to death, Mills was hanged in December 1951.



The car wreck. Liz was almost decapitated.

Did You Know?

BY WARREN ROBERTSON

INTERESTING facts about the world we live in.

- ❖ STUDIES have shown that people who divorce increase the likelihood of their friends' divorcing, too.
- ❖ IT'S illegal for children in Tokyo to make noise when playing — the legal decibel level city-wide is the same as a library's.
- ❖ THE Russian language doesn't have a word for 'fun'.
- ❖ A UK study found that by age four, a large percentage of girls begin to think that they are cleverer, more successful, and harder working than their male classmates.
- ❖ E.T. was voiced by a woman who smoked two packs a day, lending a unique quality to the famous alien's vocals.
- ❖ CATHOLICS can reduce their time in purgatory by following the Pope on Twitter, according to the Vatican.
- ❖ ICELAND is building a temple to worship Odin, Thor, and other Norse gods, and the religion already has around 2 500 adherents.
- ❖ THE modern British Army has more horses than tanks.
- ❖ ONE in every 30-million lobsters is yellow.
- ❖ IN the franchise *The Walking Dead*, the 'walkers' are said to outnumber the living 5 000 to 1.
- ❖ ASHTON KUTCHER studied biochemical engineering in college before dropping out to become a model and actor.
- ❖ HONEYBEES have hair on their eyes.
- ❖ THE word 'the' is the most spoken word in the English language.



PICS: GREATSTOCK

The Merry Widow

ONE woman decided to skip a life in an old-age home, choosing fun in the sun on a cruise ship instead.



Lee loves dancing so much she left a cruise ship that ended its dance programme and moved to another



She pays about R1.8-million for a suite on the luxury cruise ship

SOURCE: CYNTHIA VICE ACOSTA

WHEN Lee Wachtstetter was widowed at age 69, she contemplated living alone in a luxurious five-bedroom estate on 10 acres of manicured gardens in her native USA — but the thought wasn't appealing. So her daughter advised her to sell the property and see the world, like she used to do with her late husband Mason Wachtstetter, who'd been a banker and real estate appraiser. Besides, it was her husband's last wish that Lee continue living an adventurous life travelling the world, as they'd routinely done during their marriage. "My husband introduced me to cruising. He taught me to love cruising," she remarks. "The day before he died of cancer in 1997, he told me 'Don't stop cruising.' So here I am today, living a stress-free, fairy-tale life." And she's never looked back. For the past seven years, Lee Wachtstetter has

been living on a 1 070-passenger luxury cruise ship called the *Crystal Serenity*, and admits that life couldn't be better. She pays about R1.8-million a year for a single-occupancy suite on board the 11-year-old Japanese-owned luxury liner, instead of living in a home for the elderly. She is one of a small group of permanent residents on cruise ships, the largest ocean liner called 'The World,' which has 165 designated port locations around the globe. "During our 50-year marriage we did 89 cruises. I've done nearly a hundred more and 15 world cruises." So, just how many countries has she visited? "I stopped counting after 100," she says. "Just say I've been to almost every country that has a port." Asia's her favourite because it's so different from the United States. "I can't resist the Grand Bazaar in Istanbul," she says. "You can find gorgeously regal or glitzy outfits there,



BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

THANK you to Mrs Jacobs from King Edward Primary School for being such an enthusiastic, passionate and dedicated teacher. The first year for our boys in Grade 0 will be a memorable one. Thank you.
The Green Class Moms Of 2014, Edenvale

I HAD to return an item at Clicks in town and was very impressed by the service I got at their branch in Constantia.
Deidre, Cape Town

LITTLE things I want to say thank you for are: the post office woman who actually smiled and greeted me today, the friendly car guard who helped park without being intrusive, my kids going to school without a fight, and the low petrol price, which means my tank is full and there's food in my fridge.
Grateful Mom, Parkhurst

THANK you to Le Creuset in Sandton City who gave me such good advice on buying a gift from their store. The staff is well informed and well trained and also very friendly, which makes going in there a pleasure.
Greta Ngoben, Halfway Gardens

MY elderly grandmother was hospitalised recently. We would like to thank everyone at Netcare hospital who made her so comfortable and cared for her. We always felt you were really caring and not just doing a duty to a patient.
Granny's Gang, Orangezicht

THANK you to everyone who helped me collect food and clothing for my school charity project. Because of all the help I got we could help people in Imizamo Yethu informal settlement and also the animal shelter TEARS in Hout Bay.
Simon Lyon, Camps Bay

I LIVE near where all the fires were burning on the Cape mountains recently. I saw so many cars coming up to drop off food and drink for the fire-fighters and I think that is very special and kind and those people should be thanked.
Hendrik Schoeman, Tokai



perfect for formal or casual wear and not terribly expensive. I have to restrain myself every time because of my limited cabin space." Sometimes, though, she prefers to stay on board when others leave to go sightseeing. "When most people go ashore, it's so quiet, and I have almost the whole ship to myself," she remarks.

As she looks forward to her 87th birthday, she indulges herself in the daily pleasures of delicious lunches and dinners prepared from the chef's garden, nightly ballroom dancing with partners for single guests, Broadway-calibre entertainment, swimming, theatre, movies, lectures, scheduled activities and the captain's frequent parties, which she's usually invited to. "My husband didn't dance – he just didn't like to – and encouraged me to dance with the hosts," says the former registered nurse. "I enjoy dancing, and this is the best of the remaining cruise ships that still have dance hosts." Lee enjoys her dancing so much, in fact, that she left the last cruise ship, the Holland America line – on which she'd spent three years – after they ended their dancing programme. "The day they announced they were stopping the dance host programme was the day I decided to leave," she says.

Lee – who is affectionately called 'Mama Lee' because she's been living on the ship longer than some of the crew – also makes sure to spend a good deal of her time in the dining room. "I do love to eat and regularly dine at a table for eight. You meet interesting

passengers, and I've made lots of new friends that way." Over the years, such sumptuous mealtimes have caused her to gain about 11kg, she admits, so now she's on a fruit and vegetable diet. "I'm happy to say I have only 4.5kg to lose," she laughs.

And while she's not one to reminisce, her family is never far from her thoughts. "When my children were all young, I took them on cruises many times. Now they have families of their own and do what's right for them," she says. She misses them the most despite the luxury life she leads as a world traveller. She uses her laptop to stay in touch with her three sons and seven grandchildren, although sadly her daughter has since passed away. "I hear from one of them every day, and visit with them whenever we dock in Miami. Last year we docked in Miami five times," she says. In some ways, the crew has become her surrogate family. In fact, when she's not lounging on deck, she's at the Palm Court lounge doing needlepoint for the members on board. "It's my second love. I've been doing it for 50 years. I've even helped teach some passengers, and everything I make I give to crew members. It gives me great pleasure. But they deserve it because they bend over backwards to keep me happy," she boasts. "Some are almost like family now. If they don't have what I want, they get it. Even if they have to buy it off the ship or make it to my specific needs. I'm so spoiled I doubt that I would ever be able to readjust to the real world again."



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Only Skin Deep

MODEL Melanie Gaydos is showing the world a different vision of what it is to be beautiful.



A MODEL has hit the big time despite suffering from a rare genetic condition that severely affects her appearance.

Melanie Gaydos was born with ectodermal dysplasia, an illness that has left her hair, teeth and skin imperfectly developed, and she often draws stares from those who are not used to her unconventional look – like other models, for instance.

“Other industry models typically don’t know what to make of me – they don’t understand why I am there,” the 26-year-old says. “When I’m **Melanie** the model I’m really fierce and fearless. I’m free to do whatever I feel when I’m in front of the camera – I can behave however I like. I started modelling as a way to learn more about myself – I never thought that it would journey to where it has today. Now I’m a full-time model and actress and I travel the world. I’m flown to different countries to do different projects. It’s really amazing.”

Melanie has showcased her look around the world and claims her newfound confidence comes from modelling – but she wasn’t always so happy.

“Growing up, I didn’t really have a lot of friends,” she claims. “As a child I faced a lot of bullying, and a lot of people stared

at me. When I was about 16 I was really depressed and suicidal. I really didn’t want to live – I didn’t think that I would be alive past the age of 18.” But her modelling career started to take off when she posed for her photographer boyfriend after moving to New York City four years ago.

“A lot of my fashion work started on a website because there were a lot of fashion photographers on there who were looking for models who didn’t have the usual model look,” she adds. “My very first professional job was with the German heavy metal band Rammstein – that was a lot of fun.”

Despite her happiness at having a successful career, her condition has never gotten easier to deal with.

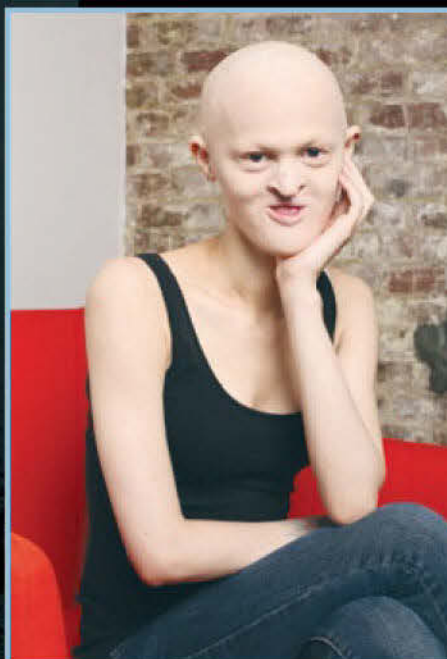
“A lot of people treat me differently – as though I was mentally challenged or inferior to them – but in reality, ectodermal dysplasia is a physical condition. “Ectodermal dysplasia means my pores are very small and I have very little body hair. I do grow a little bit of hair on top of my head, but I also have alopecia, which is a symptom of the condition. I only have three baby teeth at the moment – I grew baby teeth but because of the way my condition affects my bones and my body’s development, they started decaying.”

Still, she remains happy with her career and hopes it will inspire others who don’t have the typical model look.

“I may have had some diva moments on set, but it’s only if someone treats me disrespectfully. I will give a negative attitude right back to people who give it to me. Do unto others as they do to you – that’s my motto,” she says, adding, “It’s really nice for me to be able to show other people that there are people who are born differently from them, and to realise that not everything is about the way that you look and the way that you’re born.”

Strange But True

BY EUGENIA BOOI



Psycho Chair

WELL this is, um, interesting. Designed by Kayla Arena at Slaughter FX and inspired by American murderer Ed Gein (who used the skin of his victims and bodies of the graves he robbed to make household items), this chair is covered in all sorts of latex skin and faces. And there's a pocket at the front with a zip for storing objects. But you won't be finding anything like this in our décor, that's for sure!

The Mummy

MOMIA JUANITA (spanish for Mummy Juanita), also known as the 'Inca Ice Maiden' is the remarkably well-preserved frozen body of an Inca girl who was killed as an offering to the Inca gods sometime between 1450 and 1480, aged approximately 11-to-15 years old. She was discovered on Mount Ampato in southern Peru in 1995 by anthropologist Johan Reinhard and his Peruvian climbing partner, Miguel Zárate. Juanita has been on display in the Catholic University's Museum of Andean Sanctuaries (Museo Santuarios Andinos) in Arequipa, Peru, almost continuously since 1996, and was displayed on a tour of Japan in 1999.



Body Illusion

A FEW years ago, American artist Natalie Fletcher came across a job posting for a body painter. Despite having no experience at all, she applied and when asked for examples of previous work she thought, "Oh, snap! I better paint some bodies!" That's how Natalie's journey as a body painter started. Since then, she's created many wonderful body artworks, including this trippy *Just An Illusion* series. There's no digital enhancement of these images – Natalie painted these freehand with an airbrush on the bodies of models – including that of her boyfriend, Todd.



BY VANESSA PAPAS

EACH week get the lowdown on everything from selfies, social media and skating to surfing, snogging and smoking.

LET'S TALK ABOUT SEX

BIRDS do it, bees do it, even educated fleas do it – but should *you* do it?

THE drop, the itch, gonorrhoea, bad blood, syphilis, HIV/Aids, crabs, morning drip, herpes, fever kiss, the clap, VD – there are *many* different types of STDs. You can also get STDs through oral sex, mutual genital stimulation, and, in some cases, even sharing wash towels. In other words, you don't have to have penetrative sex to get an STD. And, if you think you've got an STD, get it treated – fast! The good news is that most STDs can be treated quickly and easily if they're discovered early on. But some can cause serious problems – even death – if you don't treat them.

RAPE can happen anytime to *anyone* – both girls and guys. In South Africa, 28-to-30 percent of teens say their first sexual encounter was forced! When it comes to sex, 'no' just means no. It never means yes.

MOST people get into relationships for the sharing of 'lurve', intimate

moments and some good old-fashioned fun. But others, who might be poor and are in need of 'moolah', engage in transactional sex as a way to survive. There are also people who use sex as a financial tool that will get them fancy stuff like designer clothing, flashy rides, and airtime and allow them to hang out at the most 'happening' spots. But, your sugar daddy (or sugar mommy, for that matter) can give you lots more than the latest gear – they can give you HIV and other STDs, too.

A LOVELIFE survey in 2011 found that one in five sexually active guys and girls have sex with an older person for material gain. A recent HSRC report found that while new HIV infections among young South Africans have dropped, the number of teenage girls sleeping with older men – who are one of the largest groups affected by HIV – has increased to 33 percent.

LOVELIFE provides young people with relevant and accurate information about sexual and reproductive health. Young people who would like more information on healthy sexuality can log onto www.lovelife.org.za, or send a 'please call me' to the **LovLife contact centre on: 083 323 1023**. A LovLife counsellor will call you back.

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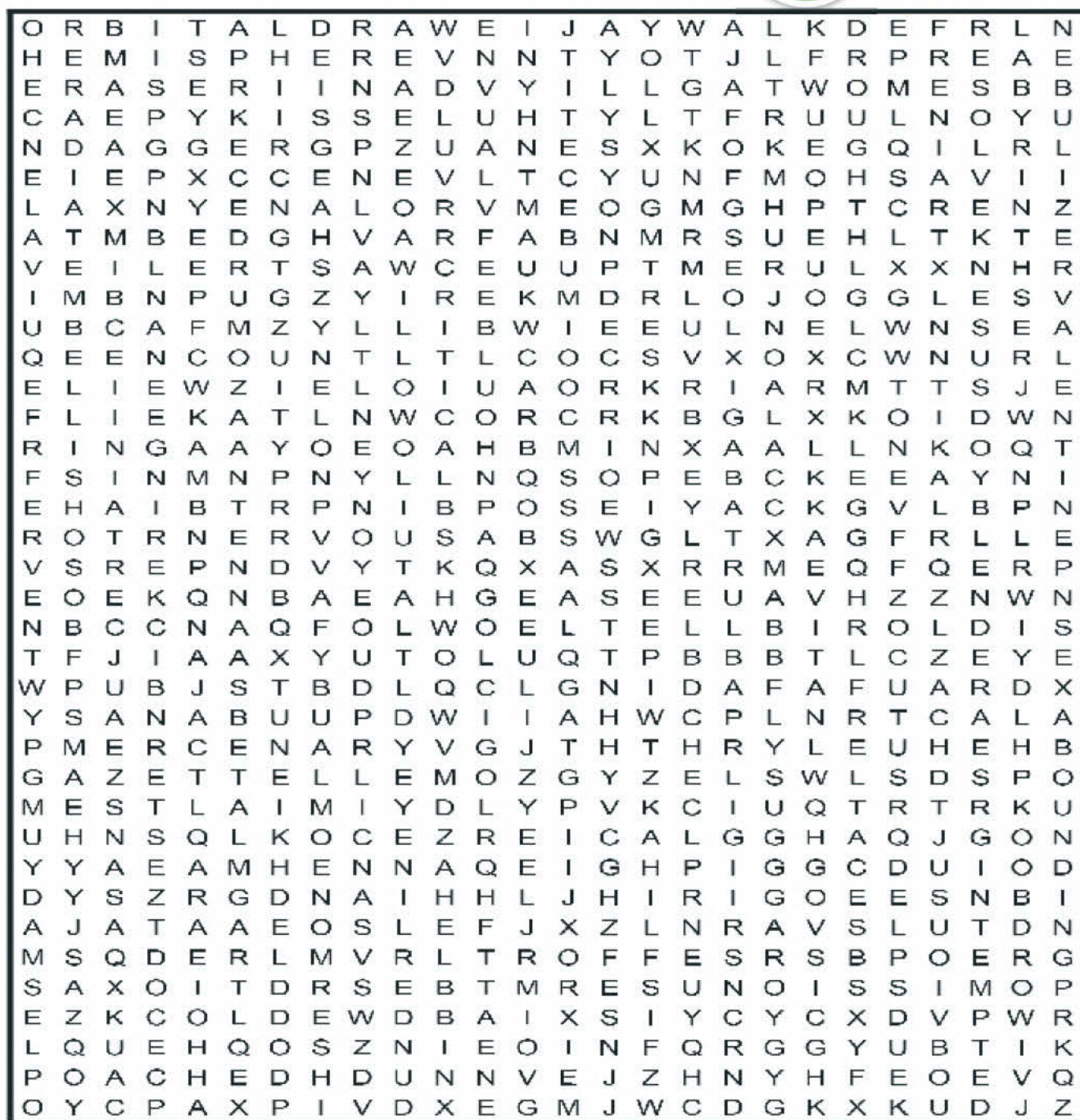
JUST because 'everyone else is doing it' doesn't mean you have to. The reality is that many teens are waiting before they have sex, and many of those who didn't wait wish that they had waited longer. We chat to LovLife – South Africa's largest national Aids prevention, education and behaviour initiative for young people – for the low-down on teen sex, contraceptives and sexually transmitted diseases (STDs).

BIRTH control can do a very good job of protecting you from pregnancy but it's not a foolproof method, and it doesn't protect you from STDs. There are two types of birth control – 'hormonal' and 'barrier'. Hormonal methods release specific amounts of hormones (something our bodies make on their own as well) to prevent a woman from ovulating (releasing an egg for fertilisation). If no egg is released, pregnancy can't occur. Examples of this method include the Pill, patch, shot and ring. Also, this method requires a prescription, which is available through a doctor's office or clinic (it goes without saying that this method only work for girls). The 'barrier' methods involve a sort of wall to keep the sperm from reaching the egg; they also can prevent STIs. There are barrier methods for boys and girls: male and female condoms. Both can be purchased at a pharmacy without a prescription. Log onto <http://www.lovelife.org.za> for a list of the different options available.

If you're seriously thinking about getting some, then it's time to get serious about contraception. Guys and girls are equally responsible when it comes to protecting themselves against unplanned pregnancy, HIV and other STDs. While most contraception products are for the ladies, equality is the name of the game and you both have to do what you must to avoid an unwanted pregnancy or catching an STD. Being prepared doesn't mean you're 'loose'. What it means is that you're taking responsibility for your choices.

WOMEN who think their contraceptive method hasn't worked, or who've had unprotected sex, can take the emergency contraceptive pill – but this must be started within 72 hours (three days) after sex, although it works best if taken within 24 hours. You can get emergency contraception from your doctor, clinic or pharmacist. This is not a substitute for your regular contraception or condom – it's called 'emergency' for a reason. Also, these pills don't protect you against HIV!

THE risk of getting HIV is high if you're sexually active. It's not someone else's problem. It's your life we're talking about! Your risk of getting the virus depends on YOU! Having sex early puts you in greater danger of contracting HIV than if you wait until you're physically and emotionally ready. You should also be in a long-term loving relationship – and even then, you always need to use a condom. The number of people you have sex with is another big factor because you can never be 100 percent sure whether your partner has HIV, or has slept with someone else with HIV. The added danger is that somebody who gets HIV won't even be aware they have it – sometimes for many years. So, if you have more than one sexual partner, your risk of HIV goes right up. Remember – everyone your partner has slept with is sleeping with you!



Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ABOUNDING
AGGRESSIVE
ANTENNA
AXLE
BANKROLL
BASEBALL
BICKERING
BLENDER
BOISTEROUS
CASUAL
CERTAIN
CORNEA
COUNT
CRITICAL
DAGGER
DAMSEL
DRAW

DROUGHT
DURABLE
EFFORT
EMBELLISH
ENERGY
EQUIVALENCE
ERASER
ESTIMATE
FADING
FERVENT
FLICKER
FUNCTION
GAZETTE
GENERAL
GENIUS
GIRLFRIEND
GLACIER

GUESS
HALLWAY
HAZARD
HEMISPHERE
HOLIDAY
IGNORE
INDEPENDENCE
JAYWALK
JOGGLE
JUNGLE
KICKBACK
KISS
LABYRINTH
LACEWORK
LANE
LATENT
LEAP

LESSON
LOGIC
MAKE
MERCENARY
MOLE
MUSTY
NATIVE
NATURED
NEBULIZER
NERVOUS
NEST
NIBBLE
NIGHTSHADE
OBVIOUS
OMISSION
ORBITAL
PARTAKE

PASSAGE
PECULIAR
PERFUME
PLUMAGE
POACHED
QUICK
RADIATE
REJECTION
RESOLVE
SAVE
SERMON
SWERVE
TALK
TAXABLE
TEMPTED
THOUGHT
TINFOIL

TOAD
TRAINER
TURMOIL
TYPICAL
UNCOMMON
UNDERLINE
VALENTINE
VAUDEVILLE
VELOCITY
WASTREL
WEDLOCK
WILLOW
WORDBOOK
WRONG
YAWN



CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '20' has the letter 'K', so a useful start is to insert 'K' in all the boxes that contain the number '20'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.

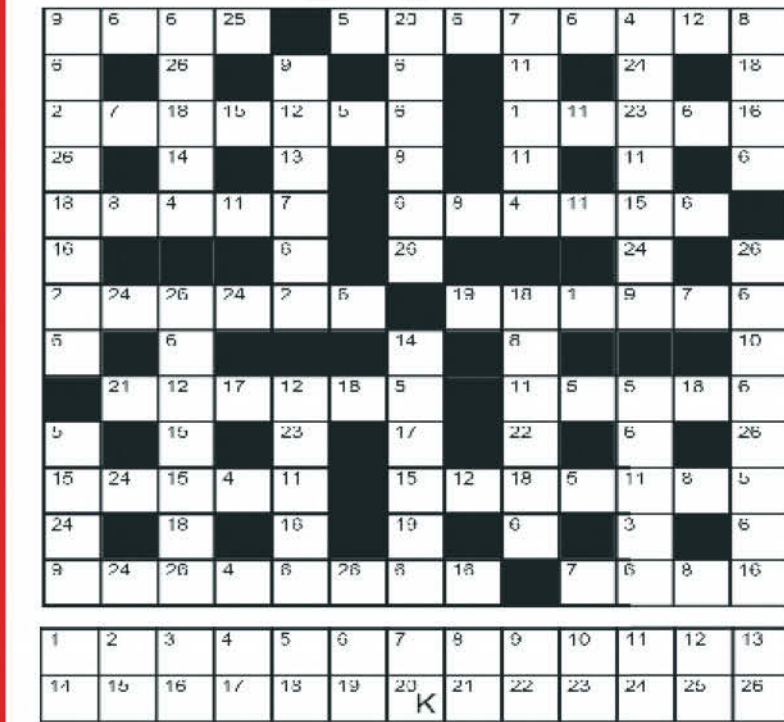


WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

NUMBERSEARCH

6	2	6	2	4	7	1	2	0	6	4	7	9	6	2	1	1
5	9	0	5	2	4	5	7	7	3	5	6	7	8	0	5	8
0	2	1	4	4	1	2	5	8	1	5	2	3	5	0	0	7
4	2	8	5	6	6	2	1	8	8	2	5	4	9	1	7	9
8	3	1	3	6	9	2	4	6	7	1	8	6	8	3	6	7
2	8	1	5	0	8	7	7	6	8	9	1	0	0	0	2	0
6	0	7	9	9	2	2	8	3	5	8	5	3	7	2	8	4
7	5	5	2	3	0	8	0	5	1	2	7	4	4	0	9	7
2	8	3	9	1	7	1	6	8	5	9	3	4	9	9	5	8
8	0	8	2	9	5	8	6	2	1	6	6	3	7	1	7	2
7	2	5	6	1	6	2	0	8	6	4	1	6	6	9	2	5
3	2	2	5	5	4	7	7	1	9	7	4	1	4	6	3	2
6	8	4	3	6	6	3	7	9	4	0	3	9	3	7	8	1
2	3	0	5	4	7	1	5	7	9	6	3	1	9	4	6	6
4	6	1	7	3	3	7	9	9	6	1	2	5	5	3	5	5
4	0	8	8	8	9	0	8	2	7	7	9	0	7	0	5	3
8	9	2	4	9	8	5	4	2	3	0	2	9	1	7	1	9

1397478861	46201	62465108	7346034436
2238058022	4796211	63189	7638681764
2545359292	516136624	6409985	7730379187
267051	5248087	6424	7907053
3136924671	57566270	6465702896	89586
3791873738	5935427	7032982183	995799
39134	6009	7157963194	
42626	6074692891	7164	

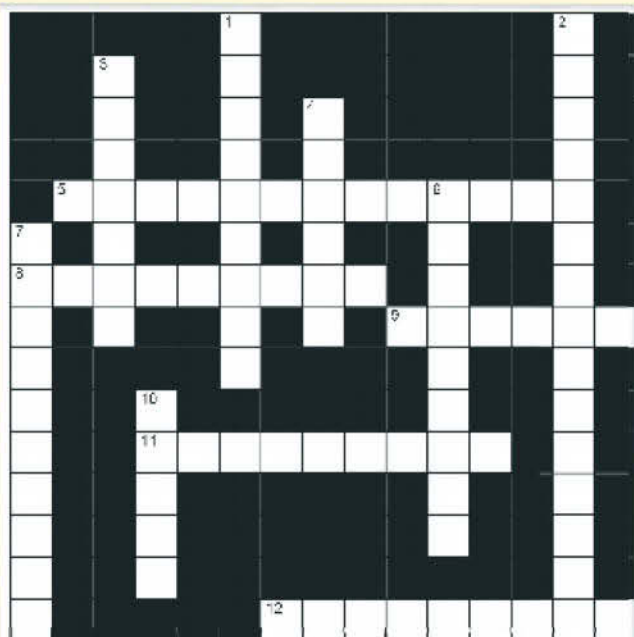


NUMBER CRUNCH

$$\begin{array}{r} \boxed{5} \boxed{6} + \boxed{1} \boxed{4} = \boxed{3} \boxed{0} \\ + \quad + \quad + \\ 4 \boxed{ } + \boxed{6} \boxed{6} = 5 \boxed{ } 4 \boxed{ } \\ \hline \boxed{0} \boxed{4} + \boxed{4} \boxed{0} = 8 \boxed{ } 4 \boxed{ } \end{array}$$

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

Celeb Crossword...



Across

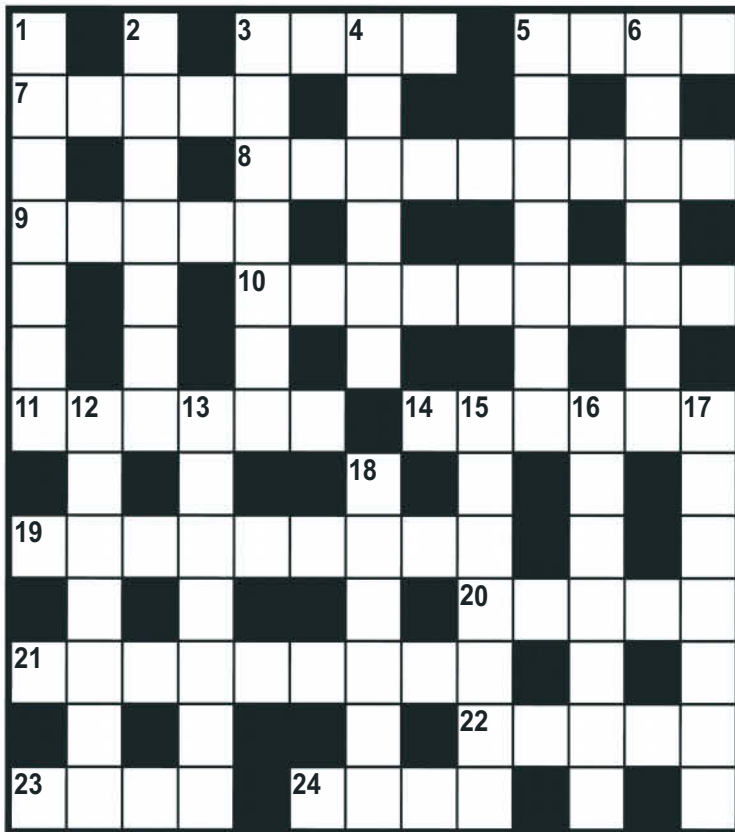
5. Mary Harris in *He's Just Not That Into You*, Sophie Fisher in *Music And Lyrics*, Julia Sullivan in *The Wedding Singer* and Gertie in *E.T. The Extra-Terrestrial* are movie roles played by this US actress (4,9)
8. For his performance as Edwin Hoover in *Little Miss Sunshine* this US actor won the Academy Award for Best Supporting Actor (4,5)
9. US actor **Christopher** _____, whose movie roles include Doc in *Stand Up Guys*, Hans in *Seven Psychopaths* and Frank William Abagnale Sr. in *Catch Me If You Can* (6)
11. Paul Morgan in *Did You Hear About The Morgans?*, Daniel Cleaver in the *Bridget Jones* films and William Thacker in *Notting Hill* are movie roles played by this English actor (4,5)
12. Dominic Toretto in *The Fast And The Furious* film series, Riddick in *The Chronicles Of Riddick* trilogy and Xander Cage in *xXx* are roles played by this US actor (3,6)

Down

1. The role of Dr Raymond Langston in the TV series *CSI: Crime Scene Investigation* was played by this Academy Award-nominated actor **Laurence** _____, whose movies include *What's Love Got To Do With It*, *The Matrix* and *The Matrix Reloaded* (9)
2. For her performance as Hana in *The English Patient* this French actress, whose movies include *Godzilla* and *Chocolat*, won the Academy Award for Best Supporting Actress (8,7)
3. US actress, whose movies include *Sleepless In Seattle*, *Addicted To Love*, *City Of Angels*, *You've Got Mail*, and *Kate & Leopold* (3,4)
4. See 10
6. Sharon Gill in *The Angriest Man In Brooklyn*, Lori Collins in *Ted*, Jamie Rellis in *Friends With Benefits* and Rachel Jansen in *Forgettin' Sarah Marshall* are movie roles played by this US actress (4,5)
7. The role of Luke Skywalker in the 1977 film *Star Wars* and its two sequels was played by this US actor (4,6)
- 10/4. English singer/songwriter, lead vocalist, rhythm guitarist, and co-founder of the band Coldplay (5,6)



CRYPTIC CROSSWORD



Across

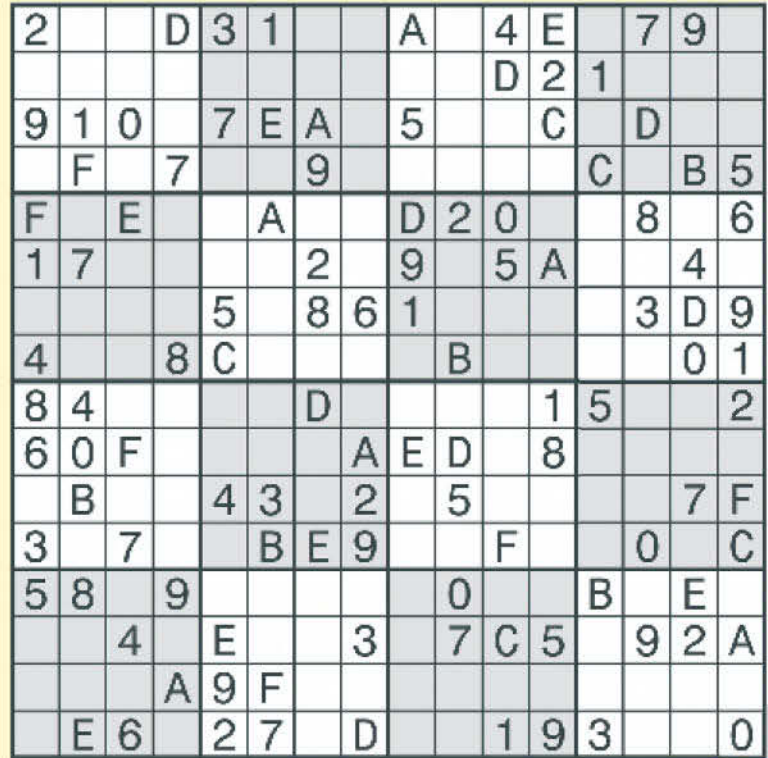
3. How to trap one so wholly engrossed (4)
5. Searches for a sly one (4)
7. That rogue would make you blush! (5)
8. Dines out with that pert leader (9)
9. Remit it for all you're worth! (5)
10. I'm in to it and a copy is asked for (9)
11. You have a point! A rest is needed! I'll take a holiday (6)
14. Drink to the man on the railway! (6)
19. A mention's made of how one names another for a position (9)
20. What he means is that it produces little music (5)
21. I stage it in the ACT only to have you criticise so severely! (9)
22. How you respond to the way I cater for you (5)
23. An instrument one could rely on (4)
24. It ends in their studies (4)

Down

1. I assure you! There's more to sip in this one! (7)
2. They rest in a rut and carry their guns (7)
3. Left to peer at it creeping out (7)
4. Cripes! It's extracted from it! (6)
5. One needs aid on tour and one to check the books (7)
6. Once Don had to support me (7)
12. My Alan gets a ring about some deviation from rule (7)
13. Let this be a lesson! It's prickly! (7)
15. Shellfish preferred by Roy's set (7)
16. A turtle needs protecting (7)
17. Nasty little creatures must be sent out and given the rod (7)
18. All set to join the Royal Air Force and bombard the enemy? (6)

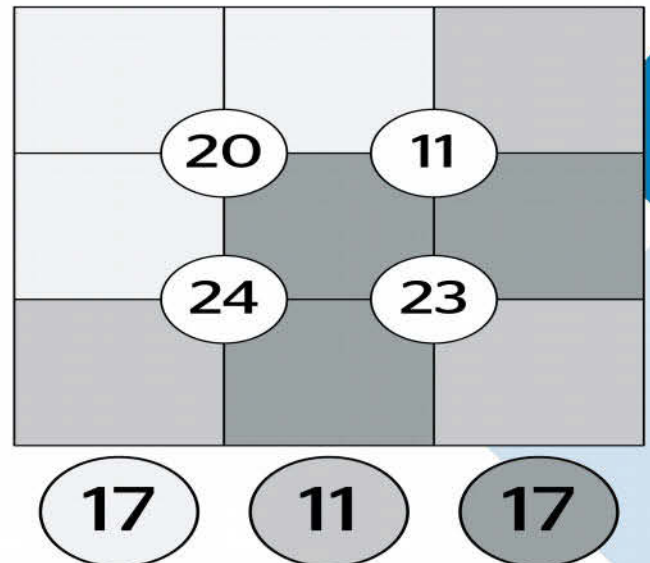
MONSTER SUDOKU

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.



SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.



STICKLERS

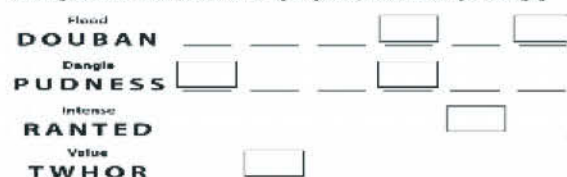
In the following puzzle, the first number in each set of boxes has a certain relationship with the second number in that set. That relationship is the same in all five sets.

What is the missing number?



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the four letters to form the mystery word, which will complete the grid.



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CROSSWORD NO. 300

JUMBO WORD

ACROSS

6. Ready to go
13. Self-satisfied
14. Equivalent
15. Beasts
16. Berth place
17. Cross-examine
19. Got up
21. Defeat
22. Places
23. Cradle song
24. Proportion
25. Nimble
27. Tidings
29. Pierce
31. Arm bone
33. Variety show
35. Coral island
38. Washer cycle
40. Pool stick
41. Church official
42. Overhead
43. Male swan
45. Small coin
47. Heap of stones
48. Naughty child
49. Noah's vessel
50. Lemon skin
52. Stockings
54. Put to a purpose
56. Flop
58. Hypothesis
61. Cryophobia's fear
63. Large tub
65. If not
68. Foreigners
70. See red
71. Dire situation
73. Exclamation of surprise
74. Boat on a craft
75. Illegal act
76. Examine critically
77. Able to be seen
78. Chop off
79. Beat severely
80. Mink's relative
83. Not native
86. Falseness
89. Viper
91. Lair
92. Trustworthy
95. Pond carp
96. Gratuity
97. Oriental mascara
101. Work hard
102. Hawaiian garland
103. Church recess
105. Online message
106. Bangkok resident
108. Light touch
109. Tenant's contract
110. Data fed to computer
112. Poker stake
113. Cavalry weapon
115. Aqua
118. Bear genus
120. Passed easily
122. Aid in crime
125. Top-rated
127. Head turner
129. Sap
131. More robust
132. Navajo home
134. Martial art
135. Diaphanous
136. Musical drama
137. God of love
138. Not the same
139. Large triangular sails
140. Insincere talk (3,7)
141. Take to court

SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

3		7			1			4
			6	3		9		
	4			8			7	
2			1			5		8
	1				5		2	
		3		9		7		
9				4			5	
		1	6					2
6	5				9	4		

TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).

				2	
2		1			
					1

DOWN

1. Oxlike
2. Do surgery
3. Insignia
4. Make changes to
5. Booths
6. Frying pan
7. Hardship
8. Compositions
9. Silky-haired rabbit
10. Beginning
11. Romantic
12. Reddish-brown
18. Indian princess
20. Heavy sword
26. Spot on skin
28. Walked through water
30. Promise
32. Topical speech
34. Moving truck
35. Rainbow shape
36. Foul
37. Tall and thin
39. Likewise not
40. Monk's music
44. Ales
46. Card with three pips
48. Boyfriend
51. Finger part
53. Solemn vow
55. Charge
57. Adam's partner
59. Leading lady
60. Ambiguous
62. Movie houses
64. Sportsman
66. Wool extract
67. German castle
69. Cowrie
70. Circle or square
72. The sun personified
74. Morning moisture
81. Apiece
82. Secret agent
84. Strange
85. Keen on
86. Out of style
87. Competent
88. Youngster
90. Short time
92. Stop
93. Overshadow
94. Besmirch
98. Go away
99. Olio
100. Agitate
101. Conical home
104. Male child
107. Belonging to him
109. Percolate
111. Lesson giver
114. Borders on
116. Replies
117. Food lover
119. Throw off balance
121. Masses of grass
123. Paging device
124. Fencing move
125. Umbrella
126. Himalayan guide
128. Option
130. Eastern faith
133. Judge's mallet

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Hemmingway's fish	— — — — L — — —	Sheen or Dean	— — — — T — — —
2. Spherical map	— — — — B — — —	Hand warmer	— — — — V — — —
3. Gent's hairdresser	— — A — — — — —	Carpet style	— — E — — — — —
4. Every 24 hours	— — A — — — — —	Frilly lace cloth	— — O — — — — —
5. Miss DeGeneres	E — — — — — — —	Certain wrench	A — — — — — — —
6. Revoke	— — — — P — — —	Uncover the truth	— — — — V — — —
7. Woodworking machine	— — A — — — — —	Pliant	— — I — — — — —
8. Having good manners	— — — — — — T —	Law enforcement	— — — — — — C —
9. Just out of the garden	— — R — — — — —	Epidermis	— — — — L — — —
10. Put the wine on ice	— — — — — — L —	Youngster	— — — — — — D —

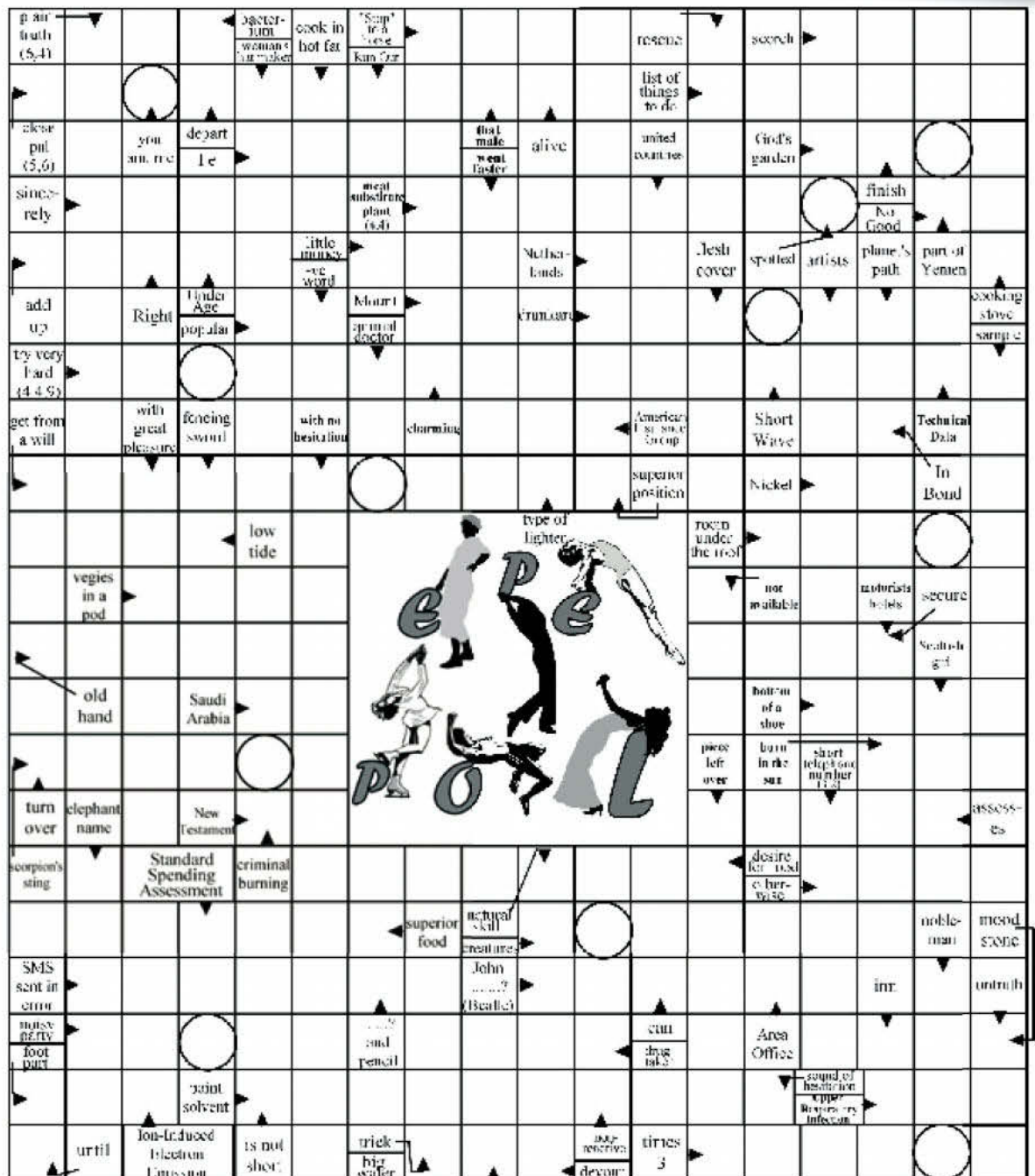
BLOCKWORD

NO.
588

BY BARRIE THOMSON

WIN R500

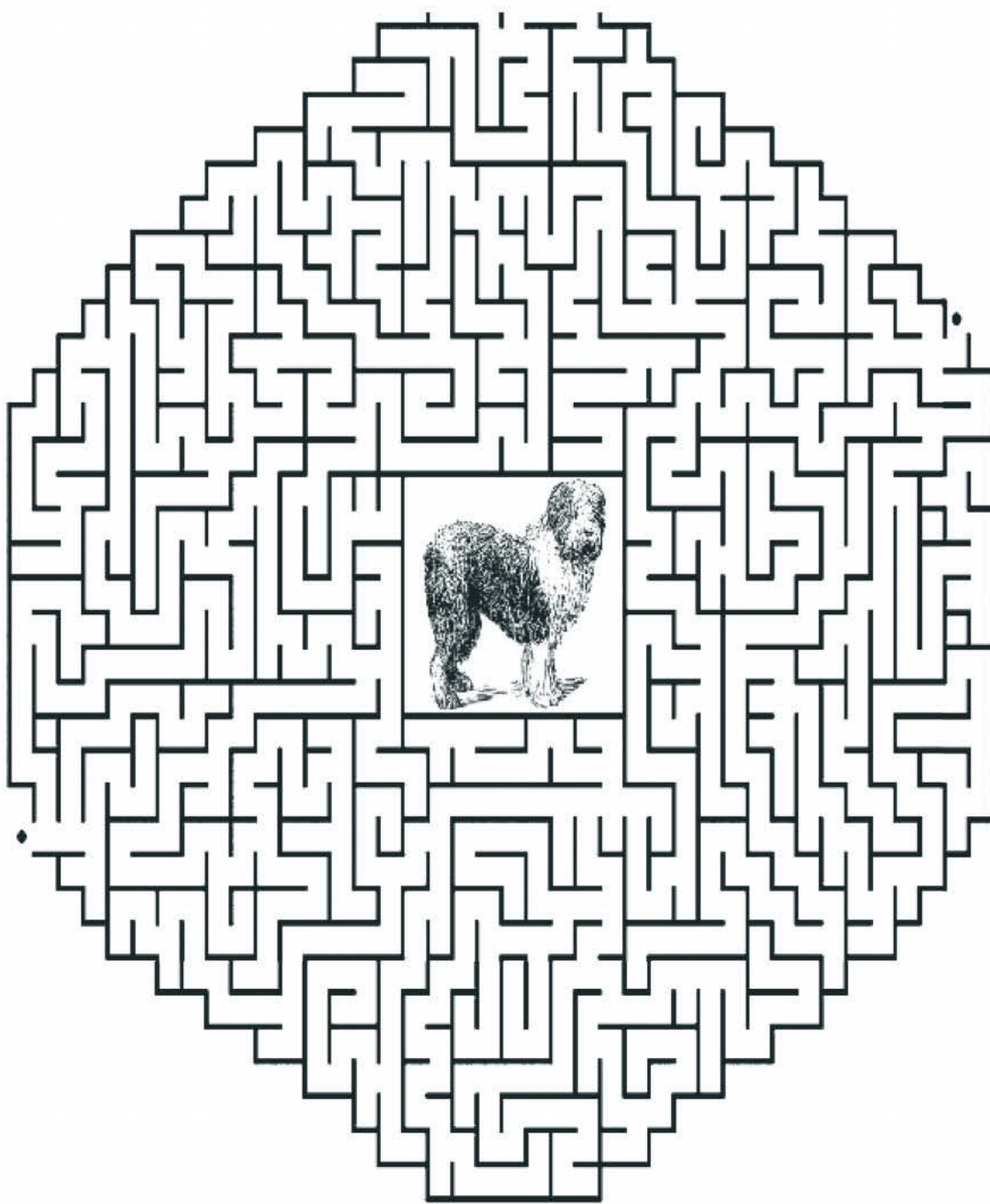
TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Amazing! Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 588. Be sure to sms before April 20, 2015. By doing this, you could win R500. Winner of Blockword 584: Hendrina Rawstone. Answer: Dictionary. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



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Mega Maze



SUGARU

	3	5		
		4		3
			1	
		2	5	
		1		

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT		ACTION	
	425	+	
=		÷	3
=	187	-	
=		+	164
=	329	-	
=		x	2
=	416	÷	
=		+	39
=	91	x	
=		-	135
=	138	÷	
=		x	4
=	92		

FIND-A-WORD

Baa
Bleat
Breed
Cheviot
Chops
Columbia
Corriedale
Debouillet
Dock
Dorset
Fleece
Grazing
Hampshire

Karakul
Leicester
Lincoln
Meat
Merino
Mutton
Ovine
Oxford
Panama
Rambouillet
Romeldale
Romney
Ruminant

Shropshire
Southdown
Suffolk
Tails
Targhee
Wean

N E W T N A N I M U R E O S R
K A L E I C E S T E R X L O A
S A E G N I Z A R G F I M E M
O E R W B R E E D O A N L S B
U E M A D O C K R T E A P E O
T H E S K L S D E Y D O A N U
H G R M B U N L C E H T S I I
D R I A F N L O I C A O N V L
O A N F O I L R M N M I D O L
W T O T U U R E R L P V F A E
N L T O M O A A M O S E L M T
K U B B C T B A A C H H E A A
M E I T E S R O D N I C E N E
D A S H R O P S H I R E C A L
E L A D L E M O R L E S E P B

ON SALE
NOW!



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never repeated) in every row, column and 3x3 square.

H				A	W	
			P		H	A
E					P	
		I	W		E	R
		R	I			
A	P		E		C	
			A		R	I
C	I	M	E			



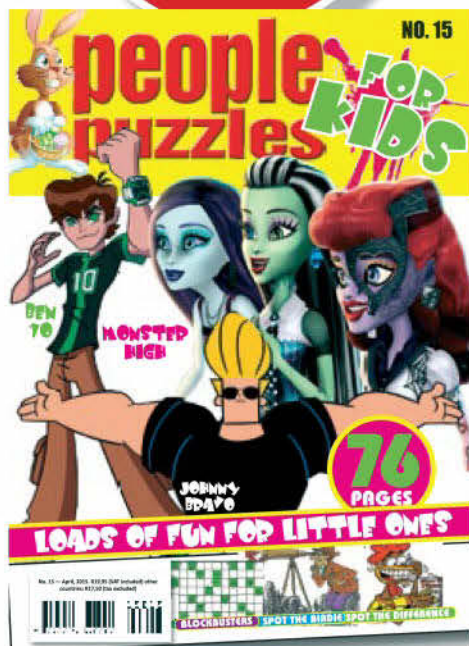
GO FIGURE

THE
idea of Go
Figure is to arrive at
the figures given at the
bottom and right-hand columns
of the diagram – by following the
arithmetic signs in the order they
are given (from left to right and
top to bottom). Use only the right
numbers below the diagram to
complete its blank squares,
and use each of the nine
numbers only once.

	+		x		33
-		x		+	
	+		+		16
x		-		x	
	x		-		30
24		38		24	

1 2 3 4 4 6 7 8 9

ON SALE
NOW!



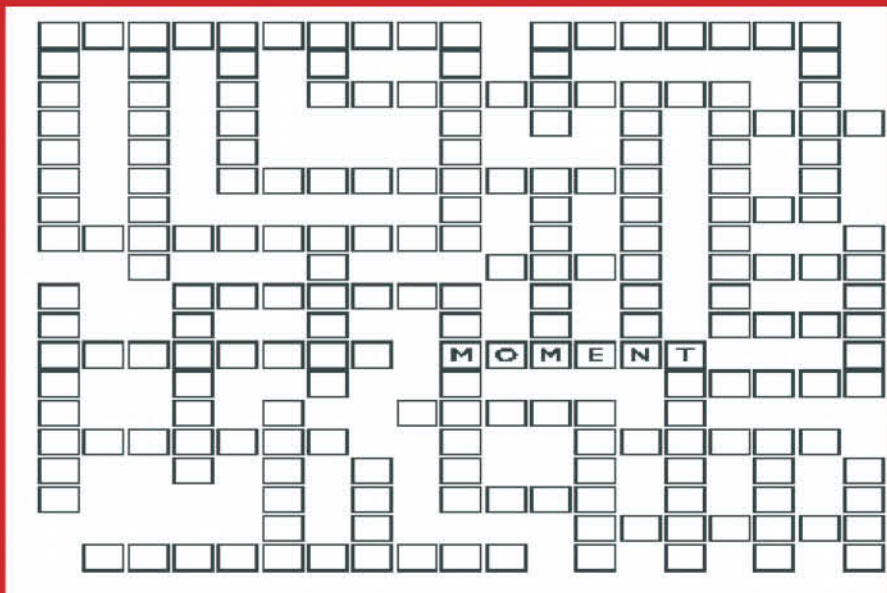
Killer Kakuru

FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

[illegible]

Arrow Word

As a direct result of	Model to be imitated	Mediterranean island	Observes	Capital of Switzerland	Peace between people	Reduces greatly the worth
Completely sure	Decayed	Inclined	Historical records	Avoid by trickery	Eating dinner	Actor; ... Pacing
Extinct giant bird	Candidate	As well as	Shut in	Army section (1.1.1)	By one self	
Geological time periods	Long, detailed story	Follow from	US athlete, Owens	Bon ... rock band	Curriculum vitae (1.1)	Roman numeral for 95
Grecian vase	In total (3.2)	Throw (roll)	... Astaire, dancer	Floating ice sheet	Chemical symbol for krypton	Roman numeral for 4
Woe is me!	Term of farewell					
Sea bird with big wing span						
Oil cartel (1.1.1.1)	French article	Be entitled to or merit				



3 LETTERS

END
NOW

4 LETTERS

HERE
HORA
JUNE
NEXT
NOON
PAST
THEN
WHEN

5 LETTERS

GRASP
HENCE
LIMIT

6 LETTERS

AT ONCE

FRIDAY
~~MOMENT~~
PRONTO

RARELY

RECENT

WINTER

7 LETTERS

INTERIM
JANUARY

OCTOBER

TEATIME

TONIGHT

TOO SOON

YEAR END

8 LETTERS

AS SOON AS

EACH TIME

IN A FLASH
IN AN HOUR
THURSDAY
TOMORROW

9 LETTERS

AFTERWARD

THEREUPON

10 LETTERS

EVENTUALLY

GENERATION

HERETOFORE

IN A TWINKLE

REPETITIVE

WATCH NIGHT

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

NUMB								CAP
SNAP								FLY
GARLIC								CUP
DEEP								DRY
ROUND								SPOON
SUN								CHILD
AIR								WHIP
NUCLEAR								WALK
DAWN								LINE
STEP								COMPANY
DEATH								SNAKE
SPOT								MATE

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



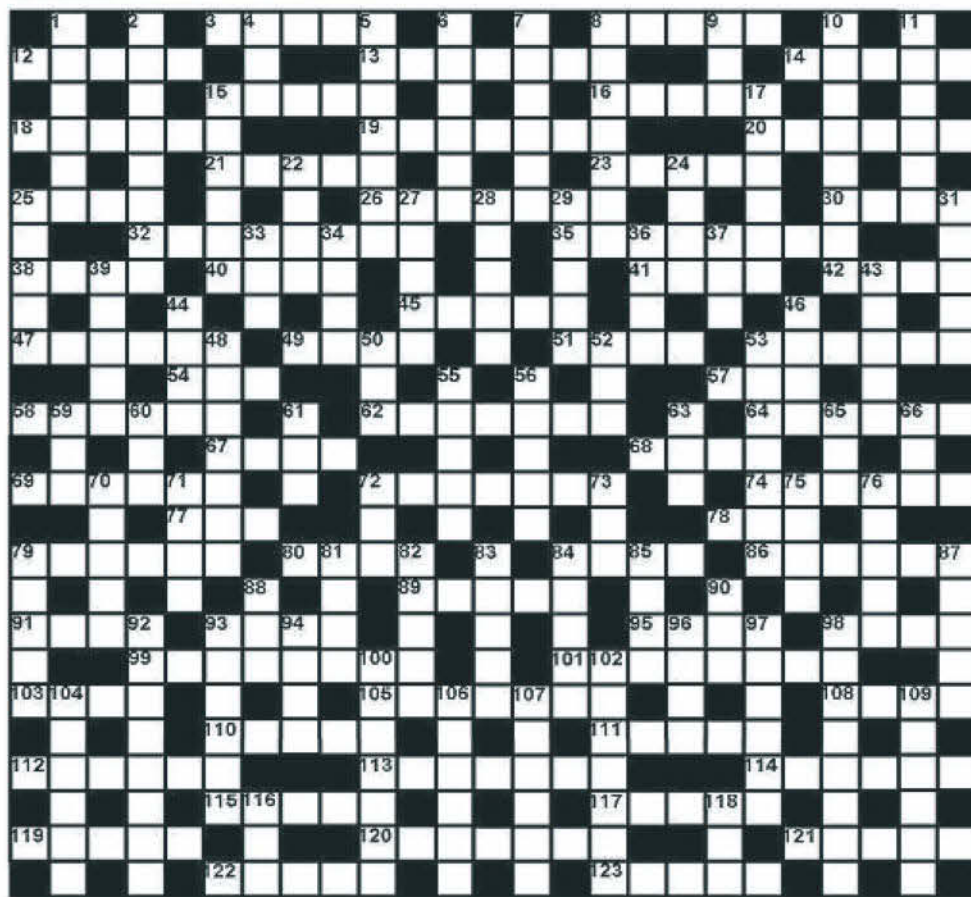
7	5	2	6	8	6	7	4	5	8	5	3	5
L	E	B	P	L	R	A	S	M	O	O	C	T
2	4	5	3	8	3	7	4	6	3	5	6	3
E	T	I	H	V	A	D	A	O	N	O	S	N
2	6	7	2	4	5	8	7	6	3	6	4	6
C	P	Y	H	Y	N	E	L	E	E	R	C	I
7	2	8	3	4	5	4	5	6	8	2	5	6
U	A	A	L	A	S	L	A	T	B	R	R	Y
5	8	7	5	8	6	3	7	3	6	2	5	6
E	O	C	H	U	A	D	K	E	S	I	I	S
4	2	5	3	6	7	8	7	3	7	6	8	6
M	T	G	S	U	S	N	M	I	I	R	D	E
3	7	2	8	5	7	3	2	3	6	2	7	2
R	L	A	S	H	E	E	B	S	D	L	S	E



MATHS QUIZ



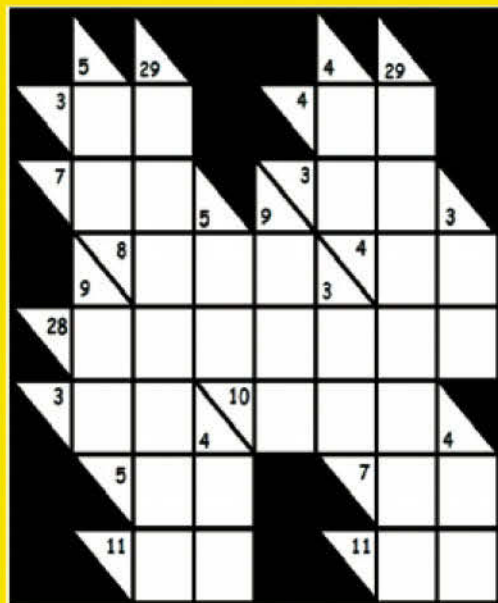
CROSSWORD



- ACROSS**
1. $43 + 506$
 4. $8334 \div 9$
 7. $67 + 494$
 10. 91×2
 12. 105×6
 14. 11×8
 15. $971 - 94$
 17. $190 \div 2$
 18. $1737 \div 9$
 20. $305 - 52$
 23. $2466 \div 6$
 25. $453 + 301$
 27. $530 - 19$
 29. $801 \div 9$
 30. $3612 \div 7$
 32. $80 \div 4$
 33. $400 \div 4$
 34. 201×4
- DOWN**
2. $277 + 175$
 3. 24×4
 5. $1130 \div 5$
 6. $3090 \div 5$
 8. $334 \div 2$
 9. $6440 \div 8$
 11. $3524 \div 4$
 13. $88 + 305$
 15. $249 \div 3$
 16. $70 + 651$
 19. $2952 \div 3$
 21. $3090 \div 6$
 22. $1890 \div 5$
 23. $315 + 156$
 24. $4590 \div 9$
 26. $690 - 99$
 28. 31×4
 30. $250 \div 5$
 31. 17×4

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



ACROSS

- 3) Sharp pain (5)
- 8) Similar (5)
- 12) Intestinal part (5)
- 13) Lavish (7)
- 14) Small meal (5)
- 15) Italian dish (5)
- 16) Gets closer (5)
- 18) Equipment (6)
- 19) Die (7)
- 20) Money substitute (6)
- 21) Use a heavy tool (5)
- 23) Thin soup (5)
- 25) Pleasure trip (4)
- 26) Trier (7)
- 30) Bottom (4)
- 32) Largest land animal (8)
- 35) Capital of Botswana (8)
- 38) At zero level (4)
- 40) Origin (4)
- 41) Line spool (4)
- 42) Speed (4)
- 45) Brother's child (5)
- 47) Trustworthy (6)
- 49) Small piece of soot (4)
- 51) Large urban area (4)
- 53) Paper shape (6)
- 54) Annoy (3)
- 57) Writing implement (3)
- 58) Ice-cream dessert (6)
- 62) Pull out (7)
- 64) Invalidate (6)
- 67) Book to follow John (4)
- 68) Come to a stop (4)
- 69) Except that (6)
- 72) Very angry (7)
- 74) Long eared furry animal (6)
- 77) Very sexy (3)
- 78) Short-lived fashion (3)
- 79) Moved vigorously (6)
- 80) Old wood-smoothing tool (4)
- 84) Deep cut (4)
- 86) Portable computer (6)
- 89) Skirt-like loincloth (5)
- 91) Our currency (4)
- 93) Length by breadth (4)
- 95) Gel culture (4)
- 98) Prison room (4)
- 99) Snail used as food (8)
- 101) Commemorative object (8)

- 103) Group of united countries (4)
- 105) Game meat (7)
- 108) Level and smooth (4)
- 110) Run away to marry (5)
- 111) Large domesticated birds (5)
- 112) Recipients of hospitality (6)
- 113) Piano concert (7)
- 114) Surprise attacker (8)
- 115) Roadside kiosk (5)
- 117) Small bone in the ear (5)
- 119) 'Hot news' story (5)
- 120) Female performer (7)
- 121) Executes with a rope (5)
- 122) Small unit of British currency (5)
- 123) Emotionally intense moments (5)

DOWN

- 1) Red fruit-like vegetable (6)
- 2) Male fowl (8)
- 4) Late afternoon meal (3)
- 5) Make happy (7)
- 6) Early calculating device (6)
- 7) Agreement between countries (6)
- 8) Maths with figures (7)
- 9) Relative (3)
- 10) Load down (8)
- 11) Stage performers (6)
- 15) Alloy of tin and lead (6)
- 17) Teaching establishment (6)
- 22) Repeat (4)
- 24) S curve (4)
- 25) Xth (5)
- 27) Daring performance (5)
- 28) Heavenly being (5)
- 29) Bird that follows cattle (5)
- 31) Happening (5)
- 33) Cooking container (3)
- 34) Smallest part of an element (4)
- 36) Product of fermentation (4)
- 37) Colour of rebellion (3)
- 39) Flax fabric (5)
- 43) Pleasant smell (5)
- 44) World's largest continent (4)
- 46) Sand hill (4)
- 48) Betrayal of country (7)
- 50) Take advantage of (3)
- 52) Not at home (3)
- 53) Absolute middle (7)
- 55) Wild weather (5)
- 56) Breakfast meat (5)
- 59) Large pot (3)
- 60) Female deer (3)
- 61) Devoured (3)
- 63) Head wear (3)
- 65) Chat idly (3)
- 66) Prefix for 'three' (3)
- 70) Absorb knowledge (5)
- 71) Home for garden tools (4)
- 72) Flat-topped conical hat (3)
- 73) Large body of water (3)
- 75) First Biblical man (4)
- 76) Wash all over (5)
- 79) Small tree-like plant (5)
- 81) Pull with effort (4)
- 82) Top class (5)
- 83) Total boredom (5)
- 84) Complicated mechanical device (5)
- 85) Close with force (4)
- 87) Large structure to carry cables (5)
- 88) Woman's undergarment (3)
- 90) Average level (3)
- 92) Settling between choices (8)
- 93) Way in (6)
- 94) Formally 'therefore' (4)
- 96) Departed (4)
- 97) Additional comments (6)
- 98) Relating to office work (8)
- 100) Covering (7)
- 102) Commonly used language (7)
- 104) Begin a campaign (6)
- 106) Refined feature (6)
- 107) Lounge furniture for two or three (6)
- 109) Power (6)
- 116) Foot appendage (3)
- 118) Grunting exclamation of disgust (3)



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**NO.
569**

R500



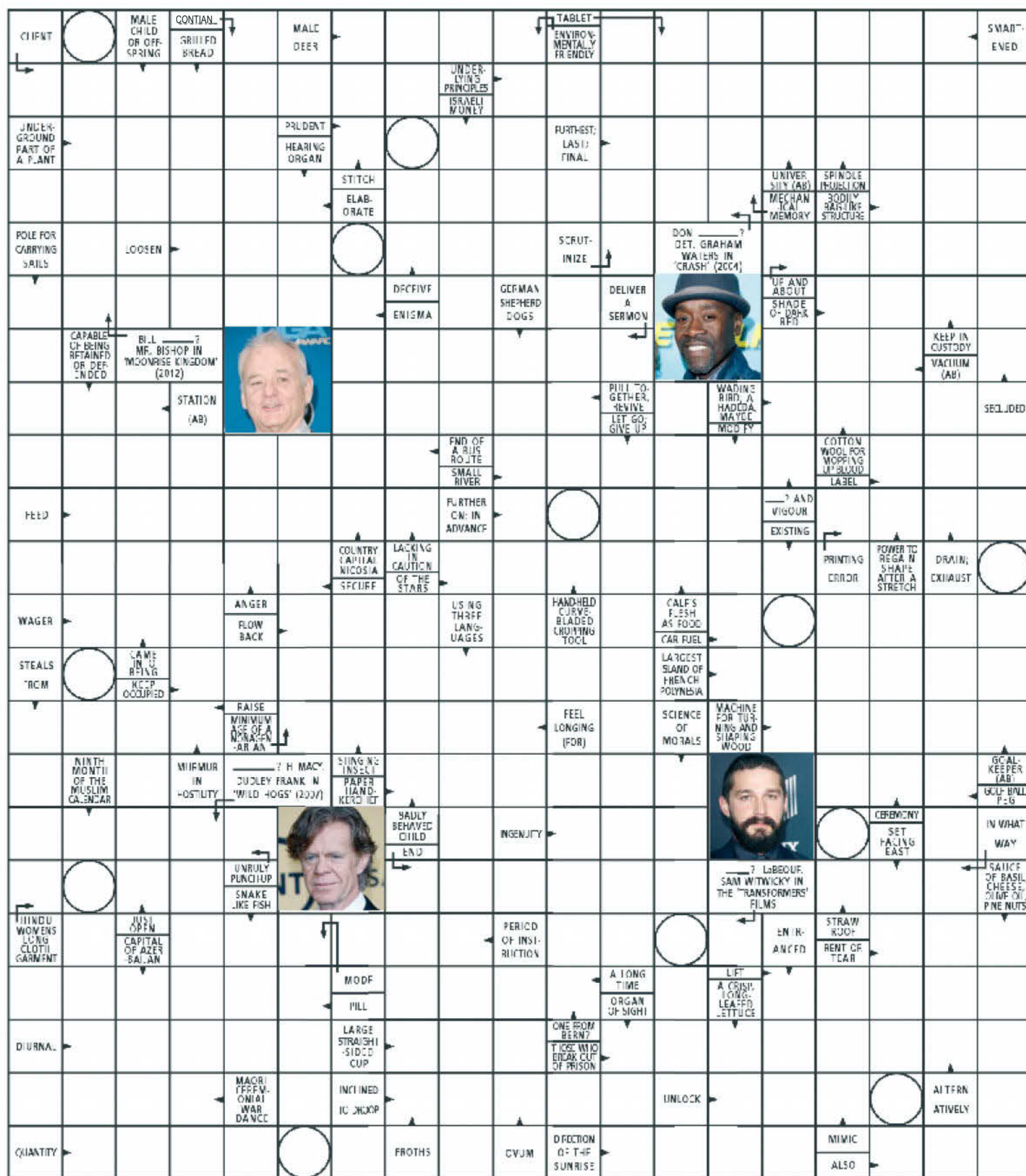
CELEB BLOCKWORD

NO.
569

BY JOHN WHIFFIN
/ PICS: WWW.
ELITEPHOTOAGENCY.COM

WINNER 1000

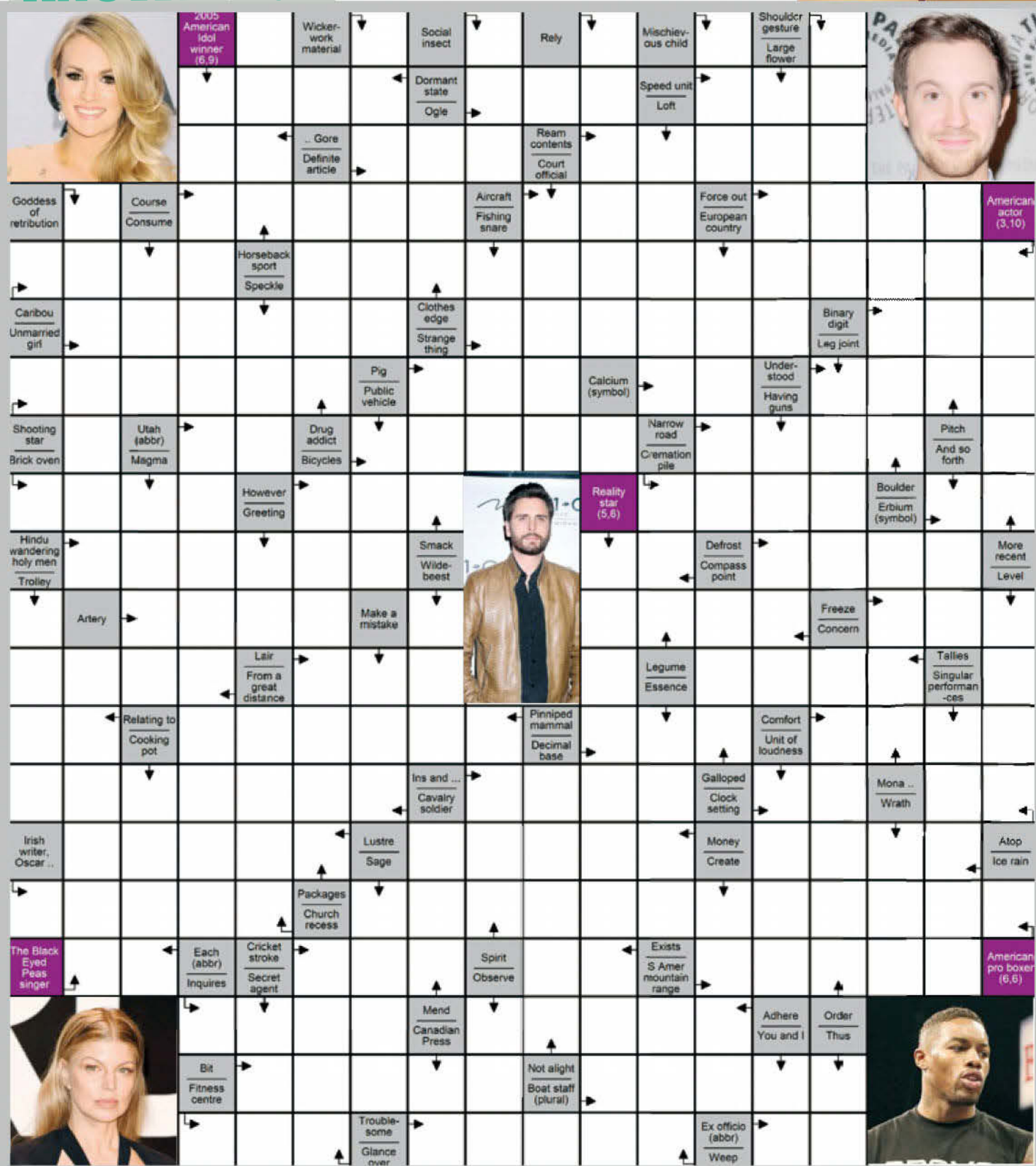
TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a movie star whose films include *Hell In Korea* and *Blind Spot*. Sms 48408 with the answer, your name and surname, and **people/Celeb Blockword No. 569**. Be sure to sms before April 20, 2015. By doing this, you stand the chance of winning R1 000. Winner of Celeb Blockword No. 565: Brian Nell. Answer: Sam Shepard. Winners paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



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PEOPLE 83



5

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Kids! Join the dots for an amazing Easter surprise – and then colour it in!

Kids Puzzles

DOT TO DOT



daveallen@tpg.com.au

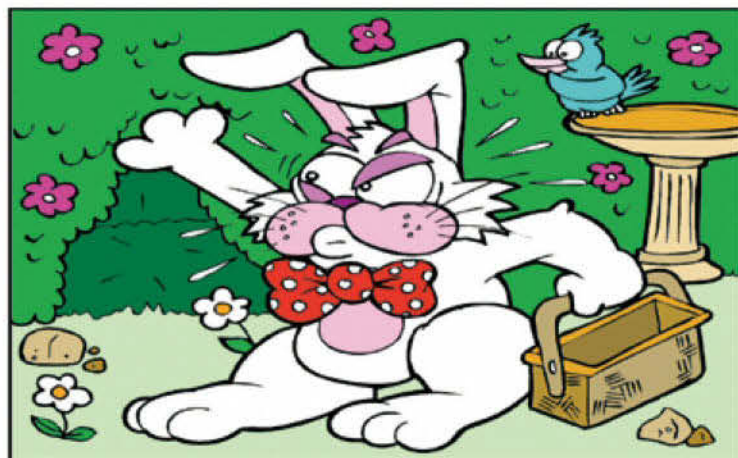
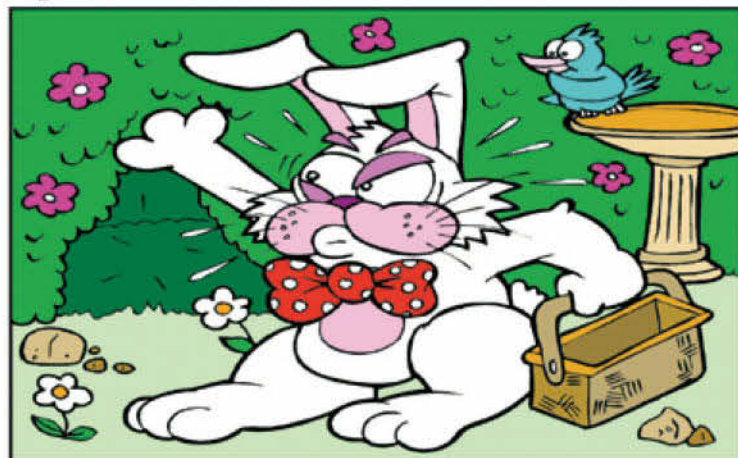
The boy, the girl, the cat and the dog would each love to eat the Easter egg, but there can be only one winner. Find out who it is at the end of the strings.

Find your way through the Easter egg maze!



© Sutherland Studios

Spot The Difference



Answers: 1. Pebble missing on left 2. Flower in top left moved higher 3. Easter Bunny missing a whisker 4. Easter Bunny missing hair on cheek 5. Extra polka dot on the 6. Bird missing a wing 7. Base of birdbath changed 8. Basket handle longer 9. Leaf missing next to bird 10. Easter Bunny missing his tail

WHO GETS THE EASTER EGG?

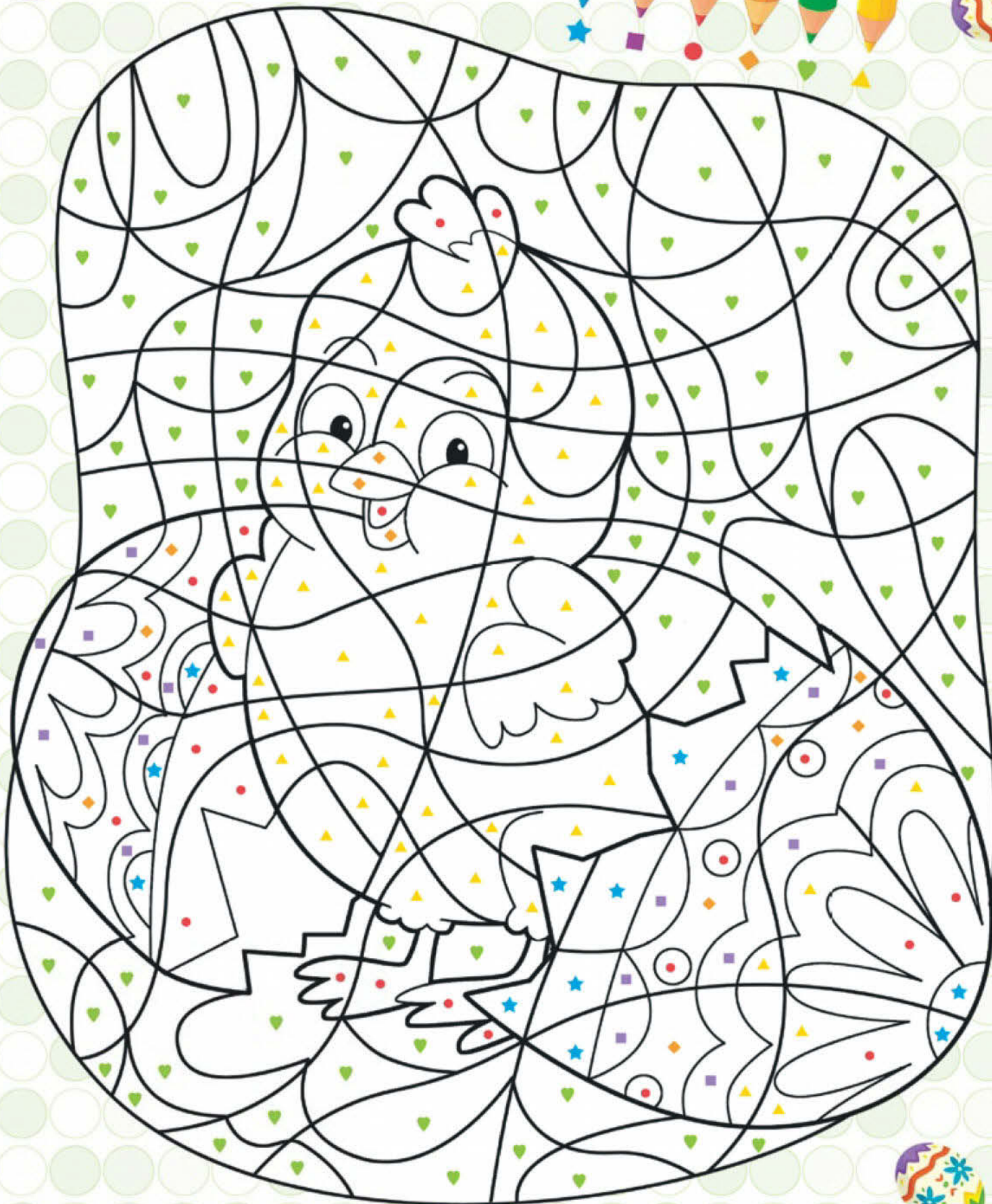


daveallen@funny-business.com.au

Easter Colour-In



HIDDEN in the diagram is a cute Easter character. Use your colours as shown on the key to find out who it is!



Find Your Way

This is a fun twist on Snakes And Ladders. Get the Easter Bunny to the egg and the chick at the top of the ladders. Remember to collect them all.



Spot The Difference

At first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the 10 differences.

Answers: 1. Egg is missing. 2. Spider is missing. 3. Tail feathers are different. 4. Bug is missing. 5. Eyelids are different. 6. Feather is missing on nest. 7. Two nails missing from board. 8. Chicken's eye is different. 9. Crack missing in board. 10. Wing is different.

WE score with the hottest sporting gossip from around the world!

Gerrard Apologises For Eighth Red Card

LIVERPOOL Captain **Steven Gerrard** was given a red card – the eighth of his career – during a game against Manchester United. Just 38 seconds after coming on as a half-time substitute, **Gerrard** reacted to a tackle from **Ander Herrera** by senselessly stamping on the Spaniard as he lay on the ground, and was sent off. He has since issued a public apology to his Liverpool teammates and the club's supporters. "I've let down my teammates and the supporters," said **Gerrard**, who now faces a three-match ban. "I take full responsibility. I need to accept it, the decision was right. I've been in the game long enough when you do something like that. I don't know what caused it, probably just a reaction to the initial tackle. I shouldn't say more about it really, I've just come out here to apologise to the dressing-room and supporters."

Blood, Sweat & Dismissals

IT was a heated match that saw three players get sent off the field, one of whom was Sharks hooker **Bismarck du Plessis**. In a game in Durban against Chiefs, **Du Plessis** kicked an opponent after just 18 minutes of play, resulting in a four-week ban. He pleaded guilty and is suspended from all forms of the game up to and including April 18. Another two players, **Hika Elliot** of the Chiefs and Sharks centre **Frans Steyn** were also dismissed after **Elliot** rammed his shoulder into the back of prop **Tendai Mtawarira's** head and **Steyn** made a dangerous tip-tackle on Chiefs flyhalf **Aaron Cruden**.

Vonn Shines While Woods Fades

SEEMS **Tiger Woods'** girlfriend, **Lindsey Vonn**, is on the road to recovery while her man is taking steps backwards. **Vonn** made history after recording her 65th World Cup win during the Super-G in Garmisch-Partenkirchen, Germany, in a time of one minute and 16.65 seconds. After suffering from two serious injuries that threatened to put her career on halt, **Vonn** is back in the saddle. **Woods'**, however, just can't get over a series of back injuries to reclaim his top spot in golf. He underwent a microdiscectomy (spine surgery) last year, but was withdrawn from play three times because of an injury and no longer ranks among the world's top 70 players.

NBA Star Retires

PROFESSIONAL basketball player **Steve Nash**, 41, has announced his retirement from the court. **Nash**, who has a 19-year NBA career and who spent the last few months suffering from various injuries, finishes his career with 10 335 assists, the third-most in NBA history behind **John Stockton** and **Jason Kidd**. "To now realise that it's over, it's really difficult to put it into words," said **Nash**. "It's just a weird transition. Every athlete goes through it. A lot of people say an athlete dies twice, and in some ways, without being salacious, that's true. If you want to enjoy and be happy in life, you have in some ways to say goodbye to your former self. And that's not easy, especially for guys. We're not the most communicative of the species. So it's hard to kind of put it all in perspective."

World Seven Series' New Home

THE SA leg of the World Rugby Sevens Series is moving to the city of Cape Town for four years from December. The Cape Town Sevens will join a host of new and iconic venues on the Series circuit, which has already added Sydney and Vancouver to its schedule, with the full line-up of host cities and dates to be confirmed by World Rugby (formerly the IRB) in due course. The Cape Town Sevens will be played at the Cape Town Stadium following an agreement between South African Rugby Union and the City Council.



SARU CEO Jurie Roux and City of Cape Town Executive Mayor Patricia de Lille during the announcement of Cape Town Stadium as the new host venue of the South African Sevens

Wacky World of Sport

OVER the years there have been a number of tragedies on the racetrack, but the 1955 Le Mans disaster is still one of the most catastrophic accidents in motorsport history. Just two hours into the race the Mercedes-Benz driven by **Pierre Levegh** hit the bank by the grandstand and immediately exploded. Parts of the wreckage were blown into the enclosure, killing scores of mostly-French spectators. **Levegh** also perished at the scene and 120 more were injured. What makes this tragedy find its way to our wacky world of sport is that despite the carnage, the show went on! The race was continued, officially in order to prevent departing spectators from crowding the roads and slowing down ambulances.

Tweet Of The Week

"They think they good, I know I'm great" – Heavyweight boxer **Floyd Mayweather**.

Becks' Style Secret

WHAT'S the secret behind **David Beckham's** impeccable taste in clothing? He lets his fashion designer wife **Victoria** dress him...99 percent of the time. Speaking after the launch of a menswear collection for H&M in Madrid, **Beckham** said **Vic** always tells him what and what not to wear. "She's told me quite often because honesty is important when you're in a relationship," he said. "She's very honest, and [when] she doesn't like what I'm wearing, she tells me straight. She gives me advice because her vision of fashion is marvellous and her business is going great. I listen to her advice 99 percent of the time."

Body Glove's Energy Mate Lightning Powerbank

Gammatek

THIS compact charging device is a smart solution to keep smartphone batteries charged! Plug it into Apple phones via USB, and it provides charging power with a lithium battery, and features four blue LEDs that indicate the battery level.



TECH-LOVERS, take a look at our pick of nifty gadgets.



Arnold Schwarzenegger with his iPad

Cool Stuff

BY LETITIA HEROLD

Posh Pooch

THE ultimate luxury pad designed just for your pet pooch, Posh Pooch is kitted out with a hot tub, entertainment wall, paw-operated snack dispenser and treadmill to let your dog relax in style. There is even a call bell, so that your munchkins can let you know that they need you. Designed by a team of 12, this futuristic structure was inspired by the growing trend to merge technology and pet-care.

*Not available in South Africa



Fenix 3: Soon To Be Launched

Garmin

ATHLETES no longer have to wear one specialised watch for training and competition, and then a different, more stylish watch for everyday wear. The Fenix 3 fuses style and state-of-the-art fitness training features with state-of-the-art in satellite navigation.



850 EVO

Samsung

INTRODUCING the latest addition to Samsung's drive line-up: built with 3-bit 3D V-NAND technology, the 850 EVO offers a significant boost in performance and endurance, making it ideal for use in mainstream PCs.

R1299

Apps We Love



Learn Languages – busuu, Free, Google Play

KEEN to learn another language but have little time on your hands to attend classes? Then this app is for you. You can learn a new language on the go in just a few minutes a day. Learn to speak over 10 different languages while setting yourself personal goals so you reach your learning objectives.

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PEOPLE 89

PUZZLE ANSWERS

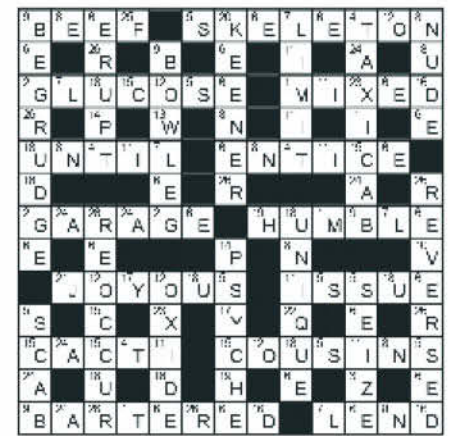
Even Exchange

1. Marlin, Martin
2. Globe, Glove
3. Barber, Berber
4. Daily, Dolly
5. Ellen, Allen
6. Repeal, Reveal
7. Lathe, Lithé
8. Polite, Police
9. Fresh, Flesh
10. Chill, Child

Cryptic Crossword



Codebreaker



Arrow Word



Sudoku

3	9	7	5	2	1	6	8	4
8	2	6	3	7	4	9	1	5
1	4	5	9	8	6	2	7	3
2	6	9	1	3	7	5	4	8
7	1	4	8	6	5	3	2	9
5	8	3	4	9	2	7	6	1
9	3	2	7	4	8	1	5	6
4	7	1	6	5	3	8	9	2
6	5	8	2	1	9	4	3	7

Maths Quiz

5	4	9	9	2	6
6	5	6	1	2	8
1	8	2	6	6	3
8	8	8	7	7	9
1	9	3	2	5	3
3	8	4	1	1	5
7	5	4	7	5	1
8	9	5	1	6	2
1	0	0	8	0	4

Go Figure

4	+	7	x	3	33
-	x	+			
1	+	6	+	9	16
x	-		x		
8	x	4	-	2	30
24		38		24	

Killer Kakuru

9	7	8				8	9	7
8	9	6	7			7	6	8
6	8		8	4	2	9		6
4	6			2	1			4
7	5	8		1	3		9	7
		1	3			1	3	
		2	1			2	1	
4	8	9		8	9		7	4
7	6			9	7			7
6	5		7	6	8	9		6
9	7	8	6			6	8	9
8	9	6				6	8	9

Celeb Wordmatch

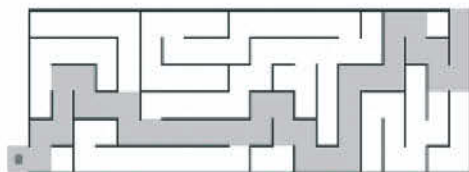
NUMB	S	K	U	L	CAP
SNAP	D	R	A	G	FLY
GARLIC	B	U	T	T	CUP
DEEP	F	R	E	E	DRY
ROUND	T	A	B	L	SPOON
SUN	F	L	O	W	CHILD
AIR	P	I	S	T	WHIP
NUCLEAR	P	O	W	E	WALK
DAWN	C	H	O	R	LINE
STEP	P	A	R	E	COMPANY
DEATH	R	A	T	T	SNAKE
SPOT	C	H	E	C	MATE

Jumbo Crossword

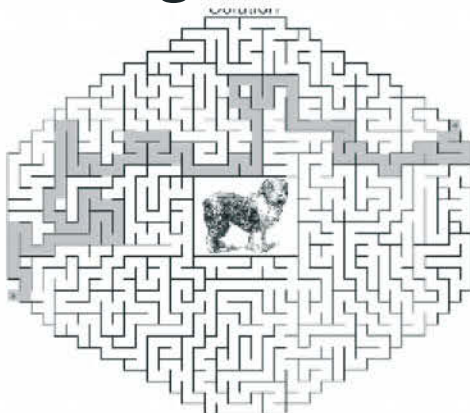
ACROSS: 6) SET 13) COMPLACENT 14) SYNONYMOUS 15) ANIMALS 16) PIER 17) GRILL 19) AROSE 21) ROUT 22) AREAS 23) LULLABY 24) RATIO 25) DEFT 27) NEWS 29) STAB 31) ULNA 33) REVUE 35) ATOLL 38) RINSE 40) CUE 41) ELDER 42) ABOVE 43) COB 45) CENT 47) CAIRN 48) BRAT 49) ARK 50) RIND 52) HOSE 54) USE 56) DUD 58) THEORY 61) ICE 63) VAT 65) UNLESS 68) ALIENS 70) SEETH 71) CRISIS 73) HAH 74) DINGHY 75) OFFENCE 76) ANALYSE 77) VISUAL 78) LOP 79) WALLOP 80) WEASEL 83) EXOTIC 86) DECEIT 89) ASP 91) DEN 92) HONEST 95) KOI 96) TIP 97) KOHL 101) TOIL 102) LEI 103) APSE 105) TWEET 106) THAI 108) DAB 109) LEASE 110) INPUT 112) POT 113) LANCE 115) WATER 118) URSUS 120) ACED 122) ABET 125) BEST 127) NECK 129) JUICE 131) HUSKIER 132) HOGAN 134) JUDO 135) SHEER 136) OPERA 137) EROS 138) UNEQUAL 139) SPINNACKERS 140) LIP SERVICE 141) SUE

DOWN: 1) BOVINE 2) OPERATE 3) BADGE 4) REVISE 5) STALLS 6) SKILLET 7) TRAVAIL 8) ESSAYS 9) ANGORA 10) ONSET 11) AMOROUS 12) AUBURN 18) RANEE 20) SABRE 26) FRECKLE 28) WADED 30) TROTH 32) LECTURE 34) VAN 35) ARCH 36) ODIOS 37) LANK 39) NOR 40) CHANT 44) BEERS 46) TREY 48) BEAU 51) NAIL 53) OATH 55) FEE 57) EVE 59) HEROINE 60) OBSCURE 62) CINEMAS 64) ATHLETE 66) LANOLIN 67) SCHLOSS 69) SHELL 70) SHAPE 72) SOL 74) DEW 81) EACH 82) SPY 84) ODD 85) INTO 86) DATED 87) CAPABLE 88) TYKE 90) MOMENT 92) HALT 93) ECLIPSE 94) TAINT 98) LEAVE 99) STEW 100) STIR 101) TEPEE 104) SON 107) HIS 109) LEACH 111) TUTOR 114) ADJOINS 116) ANSWERS 117) EPICURE 119) UNNERVE 121) CLUMPS 123) BEEPER 124) THRUST 125) BROLLY 126) SHERPA 128) CHOICE 130) ISLAM 133) GAVEL

Kids Maze



Mega Maze



Scramblers

1. Abound; 2. Suspend;
3. Ardent; 4. Worth

Today's Word

POUNDS

Sticklers

The answer is 3.
The second number is the number of letters contained in the first number.

Number Crunch

$$\begin{array}{r} 156 + 174 = 330 \\ 48 + 488 = 536 \\ 204 + 640 = 844 \end{array}$$

Missing Links

425	+	136
561	÷	3
187	-	22
165	+	164
329	-	121
208	x	2
416	÷	8
52	+	39
91	x	3
273	-	135
138	÷	6
23	x	4
92		

General Knowledge Blockword



Sugaru

Monster Sudoku

Kakuru

Tatami

THE PEOPLE BEHIND

people

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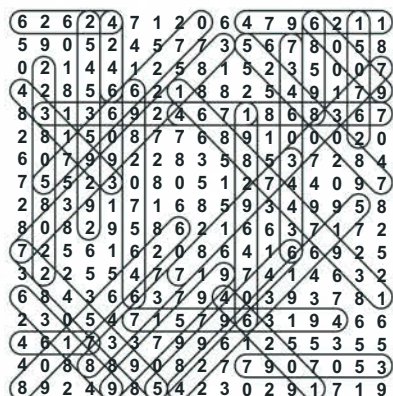
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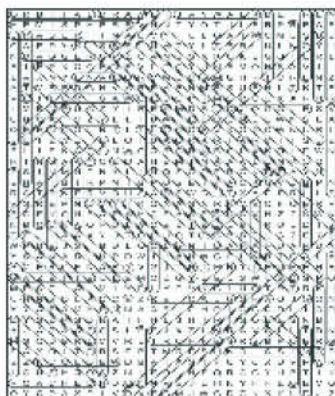
Celeb Crossword



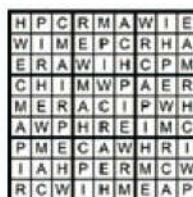
Numbersearch



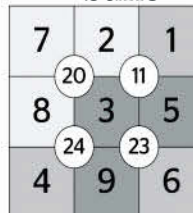
Giant Wordsearch



WordDoku



Suko



Crossword

ACROSS 3) STING 8) ALIKE 12) COLON 13) LIBERAL 14) SNACK 15) PASTA 16) GAINS 18) TACKLE 19) DECEASE 20) COUPON 21) WIELD 23) BROTH 25) TOUR 26) ESSAYER 30) BASE 32) ELEPHANT 35) GABERONE 38) NULL 40) ROOT 41) REEL 42) RATE 45) NIECE 47) HONEST 49) SMUT 51) TOWN 53) CUTOUT 54) IRK 57) PEN 58) SUNDAY 62) EXTRACT 64) NEGATE 67) ACTS 68) HALT 69) UNLESS 72) FURIOUS 74) RABBIT 77) HOT 78) FAD 79) SHAKEN 80) ADZE 84) GASH 86) LAPTOP 89) LUNGI 91) RAND 93) AREA 95) AGAR 98) CELL 99) ESCARGOT 101) MEMORIAL 103) BLOC 105) VENISON 108) EVEN 110) ELOPE 111) GEESE 112) GUESTS 113) RECITAL 114) RAIDER 115) STALL 117) INCUS 119) SCOOP 120) ACTRESS 121) HANGS 122) PENNY 123) HIGHS

DOWN 1) TOMATO 2) COCKEREL 4) TEA 5) GLADDEN 6) ABACUS 7) TREATY 8) ALGEBRA 9) KIN 10) ENCUMBER 11) ACTORS 15) PEWTER 17) SCHOOL 22) ECHO 24) OGEE 25) TENTH 27) STUNT 28) ANGEL 29) EGRET 31) EVENT 33) POT 34) ATOM 36) BREW 37) RED 39) LINEN 43) AROMA 44) ASIA 46) DUNE 48) TREASON 50) USE 52) OUT 53) CENTRAL 55) STORM 56) BACON 59) URN 60) DOE 61) ATE 63) HAT 65) GAB 66) TRI 70) LEARN 71) SHED 72) FEZ 73) SEA 75) ADAM 76) BATHE 79) SHRUB 81) DRAG 82) ELITE 83) ENNUI 84) GISMO 85) SLAM 87) PYLON 88) BRA 90) PAR 92) DECISION 93) ACCESS 94) ERGO 96) GONE 97) RIDERS 98) CLERICAL 100) OVERLAY 102) ENGLISH 104) LAUNCH 106) NICETY 107) SETTEE 109) ENERGY 116) TOE 118) UGH

Spot The Difference

1. Car is different 2. Leg is moved 3. Hair is different 4. Pocketbook is missing 5. Sign is different 6. Basement window is missing

Trivia Answers

TV Trivia 1. Chaplin 2. Sophie

3. Paul 4. Russia 5. Yes 6. Her

father 7. True 8. Yes

9. False 10. Pakistan

Trivia 1. Ken 2. Monopoly

3. Johnny Depp 4. Great Wall of

China 5. Fromage 6. Morocco

7. Beverly Hills 8. Ireland

9. The Bee Gees 10. High blood

pressure 11. A paddy field

12. Achilles 13. Jock strap

14. Lisa Marie 15. Theodore

Roosevelt

Celeb Trivia 1. Lerato Kganyago

2. Robert Marawa 3. Eva Mendes

4. Gavin Rajah 5. John Legend

6. Express 7. 8 000

8. Kim Kardashian and Jared Leto

9. Cristiano Ronaldo

10. Anna Wintour

Horoscope

Aries

BY WILLIAM SMITH

March 21 - April 20

ARIES: Mar 21 - Apr 20

Your Week: This is a fine spell for seeking the limelight, for greatly boosting your status, and for gaining recognition in public or worldly activities. Enhanced confidence enables you to put up a good front and fresh endeavours easily gain momentum.

Taken: Now an earnest lover and best friend in one, you are easy to get along with.

Single: This is a chance to love and cuddle with a special someone to your heart's content.

Power Days: Sunday & Monday (self-projection)

Lucky Numbers: 3, 5, 14, 20, 38, 45

LEO: Jul 24 - Aug 23

Your Week: Welcome a significant period for making your name in a big way.

Make absolute use of all publicity avenues available to you during this upbeat phase. Beat your drum loudly because self-promotion is bound to guarantee your popularity.

Taken: Create a pleasant atmosphere in your union by curbing all negative thoughts.

Single: You don't want to be alone so use your charm to attract love.

Power Days: Sunday & Monday (romantic moves)

Lucky Numbers: 11, 18, 22, 20, 43, 48

TAURUS: Apr 21 - May 20

Your Week: A money-making period is at hand if you take quick and full advantage of the available opportunities. Exercise your business and fiscal judgement while it is sharp and infallible. Progress is indicated if you are seeking employment.

Taken: You must sacrifice some of your individual interests so as to create harmony.

Single: You are eager to be charmed and adored. The onus is on you to make it happen.

Power Days: Monday & Tuesday (financial concerns)

Lucky Numbers: 2, 21, 24, 33, 42, 48

VIRGO: Aug 24 - Sep 22

Your Week: You will make satisfactory progress if you are expansive yet rational in your thinking and planning.

You must cast your worries aside so as to focus on new opportunities coming your way. You may latch on to a very profitable sideline.

Taken: You can count on getting both love and co-operation from your opposite number.

Single: You could soon be cultivating close ties with an ardent and worthy love.

Power Days: Monday & Tuesday (special tasks)

Lucky Numbers: 6, 15, 20, 24, 38, 40

GEMINI: May 21 - Jun 21

Your Week: Your currently enhanced curiosity about life is the sign of a healthy and active mind - and it will enable you to make some worthy observations, to formulate excellent ideas, thereby enriching yourself mentally and materially.

Taken: This is a fine time for enjoying amour and friendship within your relationship.

Single: This session provides you with plenty of pleasure of the romantic variety.

Power Days: Sunday & Monday (vital discussions)

Lucky Numbers: 4, 14, 17, 21, 34, 38

LIBRA: Sep 23 - Oct 22

Your Week: You should fare pretty well if you are working with others and will find it much easier to achieve targets in tandem with choice companions - but might not make anywhere near the same sort of progress if you choose to operate on your own.

Taken: You and your true love can enjoy lots of good loving during this amorous ambit.

Single: If you are heart-free, you may soon fall completely in love with a newcomer.

Power Days: Sunday & Monday (collaborate)

Lucky Numbers: 1, 8, 20, 24, 39, 41

CANCER: Jun 22 - Jul 23

Your Week: A determined approach to the problems of domesticity could swiftly place that sector of your life in working order.

Analyse your relatives and family situations so as to judge them by their true worth and make the correct decisions.

Taken: Make the best of a round for promoting romantic unity in every possible way.

Single: A friendship could flare into love if you are receptive to such an event.

Power Days: Monday & Tuesday (domestic affairs)

Lucky Numbers: 2, 10, 18, 22, 32, 41

SCORPIO: Oct 23 - Nov 22

Your Week: This round appears to be favourable for the quick realisation of your aspirations.

But you might be obliged to make a concession in the process. Fate will reward your efforts provided you are willing to pay your dues as you go along.

Taken: Partnership issues can now be satisfactorily resolved via calm discussions.

Single: A new romantic conquest seems likely. Time to make some really bold moves!

Power Days: Monday & Tuesday (learning curve)

Lucky Numbers: 10, 17, 22, 26, 30, 36

CAPRICORN: Dec 22 - Jan 20

Your Week: Expectations must be great in order to produce great efforts. Pursue your aims all the while bearing in mind that success produces success.

Once you believe that, you will know that it is true and the results will confirm it.

Taken: A comfortable ambience warms your heart and makes your relationship perfect.

Single: It is now a case of you making a choice concerning two interesting admirers.

Power Days: Monday & Tuesday (career aims)

Lucky Numbers: 10, 13, 16, 28, 43, 49

SAGITTARIUS: Nov 23 - Dec 21

Your Week: You are at your brightest and full of hope, so you are attracting good fortune.

Things good and wonderful now rapidly unfold so you should be quite happy with developments.

Take advantage of a good time for launching a business venture.

Taken: You can now easily rejuvenate things assuming your relationship has been shaky.

Single: An ex-flame is showing renewed interest. It could lead to a romantic replay.

Power Days: Sunday & Monday (setting goals)

Lucky Numbers: 1, 2, 14, 17, 27, 37

AQUARIUS: Jan 21 - Feb 19

Your Week: If you desire a more eventful existence, set about acquiring some new friends and interests.

Seek the companionship of stimulating people because such connections could render you a lot more imaginative, resourceful and successful.

Taken: Safeguard your love attachment. Give more time and attention to shared aims.

Single: You will get a positive reaction if you express your feelings about someone.

Power Days: Sunday & Monday (making plans)

Lucky Numbers: 4, 7, 12, 20, 30, 44

PISCES: Feb 20 - Mar 20

Your Week: Personal interests and creative pursuits will swiftly gain momentum when you devote attention to them.

Use the novel ideas and techniques that now come to your attention - grasp every advantage to get ahead in this competitive world.

Taken: Things go your way when you prove to your partner that you are worth loving.

Single: Keep well to the forefront in the social sense. You can attract a new lover.

Power Days: Monday & Tuesday (personal targets)

Lucky Numbers: 2, 6, 16, 26, 35, 39

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...



KEIRA KNIGHTLEY

March 26, 1985

ENGLISH film and TV actress **Keira Christina**

Knightley achieved international fame in 2003 following major roles in films like *Bend It Like Beckham* and the *Pirates Of The Caribbean* trilogy. She has starred as a leading lady in several Hollywood movies, and earned an Academy Award nomination for her role in *Pride And Prejudice*. **Keira** is a Sun Aries with the Moon in Taurus, which augurs well for general good fortune in that it makes her enterprising and purposeful, highly competitive, and aware of the importance of attaining

financial security and prized possessions. Mercury in Aries shows that she is quick-thinking and straight talking. Venus in Aries implies that she is an ardent and demonstrative romantic. Mars in Taurus renders **Keira** acquisitive and possessive, sometimes obstinate, certainly very sensual in amorous terms, and highly practical in planning her life.



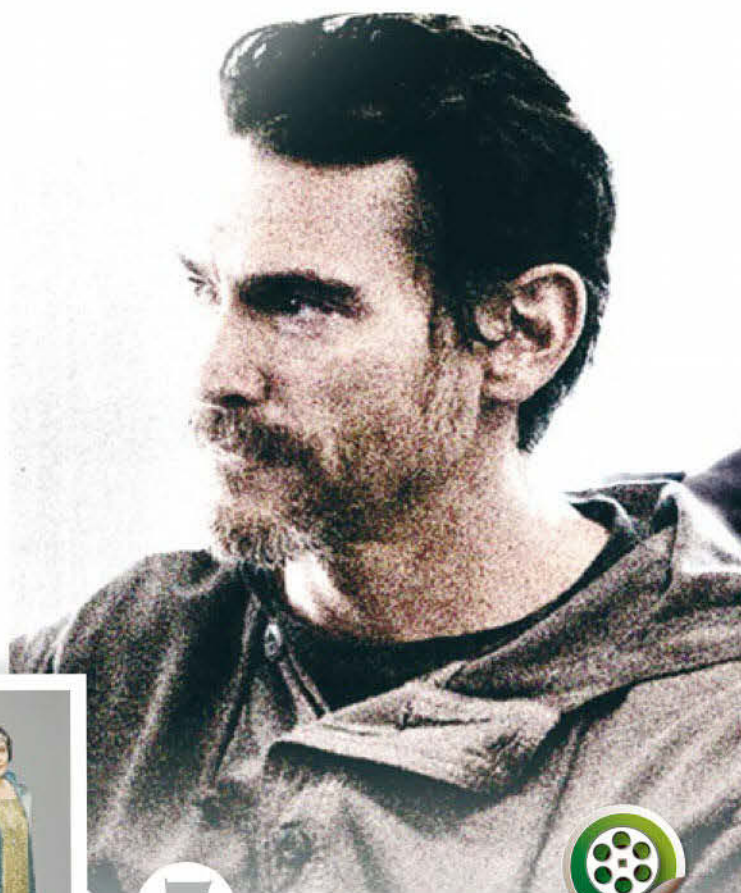
THIS WEEK'S FAB

5



BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.



5

RUDDERLESS

A GRIEVING father (**Billy Crudup**) goes on a downward spiral after his son is killed in a school shooting. He comes across a box of his deceased son's demo tapes and lyrics and is shocked by the discovery of this unknown talent. In an attempt to complete his son's musical journey, he forms a band with a young musician named Quentin (**Anton Yelchin**). While on tour, Sam bonds with Quentin and he begins to find a way to recover from the grief of his son's passing. *Rudderless releases April 2, 2015.*



4

MODEST MOUSE CONFIRMED FOR PARKLIFE!

RADIO station 94.7 is excited to announce Modest Mouse as the next international act to join the line-up for the Parklife Gourmet Food And Music Festival in Johannesburg on Sunday,

May 3, 2015. The local line-up sees the addition of **P.H.FAT**, The Kiffness, **Jimmy Nevis**, Gangs Of Ballet, Monark, **Connell Cruise**, **Jesse Clegg**, **Johnny Apple** and HouseHold Funk. The festival will be hosted in Cape Town on Saturday, May 2, 2015, with the international line-up including – besides Modest Mouse – American Authors (US) and **Klingande** (France). Make sure you don't miss out on this music extravaganza!

PIGS: AAI FOTOSTOCK / GREAT STOCK / WWW.EUTEPHOTOAGENCY.COM / MNET / PUBLICITY / NUMETRO / KYNET / GALLO IMAGES / PAN MEDIA / INPRA / THE BIGGER PICTURE.

1

FURIOUS 7

AFTER defeating Owen Shaw and his crew, Dominic Toretto (**Vin Diesel**), Brian O'Conner (**Paul Walker**) and the rest of the crew are able to return to the United States and live normal lives again. But Owen's older brother, Ian Shaw (**Jason Statham**) is after Dominic now, seeking revenge for the death of his brother. It's up to the crew to set out to find him... before he finds them. Sadly, this was the last film in the franchise in which **Paul Walker** featured. *Furious 7 releases April 2, 2015.*



2

DOWNTOWN ABBEY

THE critically-acclaimed British period drama returns to BBC Entertainment for a fourth season. Created by Julian Fellowes, the first three seasons proved to be run-away successes in South Africa, commanding a large and loyal following. The first episode begins six months after Matthew's tragic death, and his loss is still felt throughout the great house. Mary (**Michelle Dockery**) struggles to face a future with her fatherless child – but she has to pick up the pieces. Accepting a new role on the estate, Mary also finds herself getting attention from a number of eligible suitors. For more drama make sure not to miss the premiere of *Downtown Abbey*, Sunday April 12 at 21h00 on BBC Entertainment.



ALL THAT BS

THIS local comedic lifestyle series is a fast-paced talk show featuring two opposing celebrity panels. Meet the know-it-all guys and girls of entertainment as they give viewers a fresh take on trending celebrity news, mishaps, fashion and music highlights, cat fights, love, money and more. Every show features SA's who's who, all that's new, who is making money and whatever is making headlines. The one panel comprises **Minnie Dlamini**, **Lerato Sengadi**, **Dineo Ranaka**, **Roxy Burger** and **Mika Stefano** while other features **Tibz**, **Larry**, **Shelton Forbes** and *Idols* judge **Somizi Mhlango**. Tune in for amplified entertainment when *All That BS* airs, Fridays, at 19h00 on Vuzu Amp.



3



YOUR backstage pass to the best movie and TV sets.



FUN FACT
MICASA'S frontman, J'Something's real name is Joao da Fonseca.



FACT
HALLE was named after the Halle Building in Cleveland, Ohio.



FUN FACT
IDRIS left home at 16 after being accepted to the National Youth Music Theatre when he landed a part in *Guys And Dolls*.

MICASA ON A ROLL

WE support local music! Spotted on the set of their upcoming project are two members of Micasa, J'Something and Mo-T. The guys were shooting scenes in Johannesburg for their upcoming film, *Micasa Su Casa*. The film is reportedly a five-part project, which will be released over the course of the next five months, starting in March. Turn to page 96 for our interview with the band about the upcoming film! *The Mi Casa Su Casa movie releases mid-March 2015.*

BERRY EXHAUSTED...

SHE'S been low on the radar for quite some time – but we're pleased to inform you that **Halle Berry** is alive and kicking. The 47-year-old actress is seen here on the set of sci-fi show *Extant*. We're not sure if she was in character at the time, but she sure looked tired! Time to take a break, **Halle**. Go take a nap or something! *Catch Extant, Wednesdays at 21h00 on M-Net.*

BACK TO BUSINESS

OSCAR-NOMINATED actor **Idris Elba** was seen filming the fourth episode of hit TV Show *Luther* in London. It's undeniable that his female fans have a soft spot for him and that's because he's smoking hot! **Idris** plays the ruthless DCI John Luther – and he appears ecstatic to be back on set after a two-year break. We're glad you're back, too, **Idris**! The airing date for the fourth season of *Luther* has yet to be announced.

You Said What?

Celebs Having Their Say On Twitter...

"I'll forever challenge myself & the people you crown dope. If you not growing where you going?" – **Omarion**

"Wish TV would stop this. No one wakes up looking beautiful after having slept with make-up on." – **Mpho Maboi**

"Pls don't belive what you read it's all lies lies lies as usual." – **Mel B**

Cinderella releases April 2, 2015.



CINDERELLA

Starring: Lily James, Richard Madden And Cate Blanchett

★★★★

ELLA (Lily James), the daughter of a merchant who remarries following the death of his wife, is eager to support her father as she welcomes her new stepmother (Cate Blanchett) and her daughters Anastasia (Holliday Grainger) and Drisella (Sophie McShera) into their home. But, when Ella's father unexpectedly dies, she finds herself at the mercy of a cruel new family. One day, Ella meets a stranger in the woods. Unaware that he is a prince, she finally feels she has met a kindred soul. When a royal invitation is sent out for all maidens to attend a ball, Ella realises it's her chance to once again see the charming Kit (Richard Madden). However, her stepmother forbids her to attend, but, a kindly beggar woman (Helena Bonham-Carter) steps forward and changes Cinderella's life forever.



Reviews

BLACK OR WHITE

Starring: Kevin Costner, Anthony Mackie And Octavia Spencer

★★★

A WIDOWED grandfather (Kevin Costner) is left to raise his granddaughter after the deaths of his wife and daughter. When the little girl's paternal grandmother (Octavia Spencer), a straight-talking, self-made woman with a large family decides to fight for custody, they become involved in a bitter custody battle. **Black Or White releases April 10, 2015.**



HORRIBLE BOSSES 2

Starring: Jason Sudeikis, Jason Bateman And Charlie Day

★★★★

THIS comedy follows Nick, Dale and Kurt, three wannabes who decide to ditch their big-wig managers by opening a new business. Unfortunately, after discussing the possibilities and getting their hopes up, a vicious investor puts a stop to their plans. This starts an all-out war, and in a series of hilarious events, Kurt, Dale and Nick attempt to regain control through any means necessary. Unfortunately, they're dealing with a professional, and their plans never go quite as well as they expect.

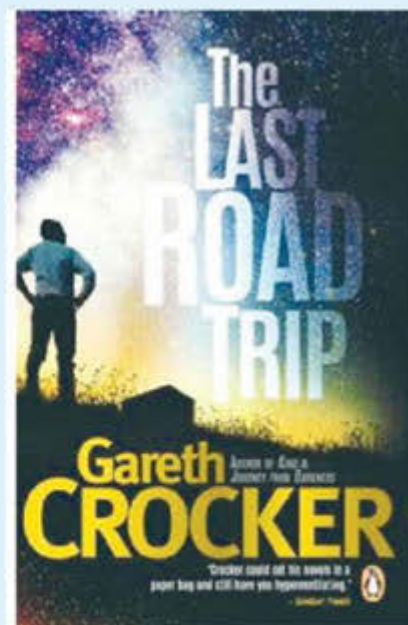


THE LAST ROAD TRIP

Author: Gareth Crocker

★★★

FOLLOWING the death of a man they barely knew, four elderly friends decide to make the most of their remaining time on Earth. Abandoning the hum drum routine of life at their retirement estate, they embark on a 1 600km road trip that will take them from the furthest corners of the Kruger National Park to the stars of Sutherland. The journey becomes the biggest adventure of their lives! Along the way they rediscover things about themselves, things they thought they had long since lost. And, above all, they discover that it's never too late to start living. The latest novel from acclaimed author Gareth Crocker is for the young at heart – for those willing to take one last adventure and conquer the regret of missed opportunities.



DVD

BOOK



The house band hoping to inspire a nation: Dr Duda, J'Something and Mo-T

Micasa Su Casa

LOCAL house music trio Mi Casa is taking their music abilities to the next level by releasing a proudly South African movie.

INSPIRED by their five-year journey together as a group and the stories they have to tell, the dynamic trio created the *Mi Casa Su Casa* movie which was shot locally and tackles important issues that South Africans deal with on a daily basis. The short film, made up of five music videos to be released over five months, will be followed by five singles (featuring top Mzansi acts) from their double platinum-certified album *Su Casa*. Here we chat exclusively to the guys...

Whose decision was the short film?

It was a mutual decision between the three of us. We've been working together for about five years in the industry and wanted to do something different and unique for our fans.

What's the concept behind the movie?

The concept behind the movie is to inspire change through our music, because we constantly strive to be innovative and progressive as artists. It's also about showcasing South African unity over the last 20 years.

Apart from your successful music career, does this mean you guys are venturing into acting?

We don't mind acting or doing other creative things on the side – for instance our lead singer J'Something already has his own cooking show – but for now we're still enjoying ourselves as a music group, especially when performing for our fans.



Where was the movie shot and what local stars does it feature?

We love the fact that we've featured up-and-coming acts like Themba Ntuli and Musa Ngcobo (AKA Ntshebe) and they'll definitely be a huge part of the film.

Where can your fans see the film?

For the next five months we'll release a brand new music video on LIVE AMP on SABC 1 at 21h00.

Turning Up With Christina Milian

SHE'S an actress, singer and has her own reality show!

TURN UP star Christina Milian chats to us about her memories, her music, her upcoming movie roles and the future.



Your music career took off when you were 18. What's your fondest memory?

It's definitely my early travels going overseas. It was in Sweden and that's when I recorded my first album. It was an incredible journey.

Do you have any musical influences that inspire you? Growing up I'd have to say Janet Jackson; and lately it ranges from everyone in different genres, from rappers to pop music.

You're due to release new music later in the year, can you tell us more about your fourth studio album?

I'm really excited! This album showcases a different and matured Christina new song called *Rebel* – so be on the lookout!

Who would you like to work with? I would love to work with J.Lo and Beyoncé. I really hope we can have a collaboration in the future.

Apart from your reality show and music career, do you have any upcoming projects lined up? I'm doing a lot of TV and have a few upcoming movie roles that I'm looking forward to. I also own a wine label called Viva Diva Wines, which is an exciting business venture.

Any plans coming to SA? Of course – I would love to!





**PEOPLE
EXCLUSIVE
PICS!**

WORK IT, MAMA!

LOOK who's preparing for summer! Spotted getting her sweat on is *Here Comes Honey Boo Boo* reality star **Mama June**. The 36-year-old was working hard at a park in Hollywood and you can see how hectic the session must've been! Celebrity trainer Natasha Kufa showed no mercy as she showed **June** different exercise regimes. It's a good decision for the star to care for her health, and hopefully this'll encourage her entire family. Way to go, **June**!

BY EL BROIDE

Skillet

Seth Morrison

John Cooper

Jen Ledger

Korey Cooper

WE chat to musicians making waves in SA!

AERICAN Christian Rock group Skillet are heading to South Africa this April to perform at the highly-anticipated *Freedom Festival*. The group are behind smash-hit singles such as *Hero* and *Sick Of It* and have promised us an energetic and explosive performance on stage. El caught up with the band ahead of their tour and found out what we can expect.

We can't wait to welcome you to South Africa. What are you most excited to see here?

We're so very excited to come to South Africa. We might go on a little bit of a safari and see some animals that we've never seen in person before.

What can your South African fans expect from your performance?

Skillet is probably best known for our energy on stage. We're a very passionate band and we always put everything we have into a show and into connecting with the fans. So usually when we get on stage, people are a little surprised at the amount of energy... I think connecting with the audience is very important to us – feeling that we have all experienced that moment and that show together.

Your music reaches audiences all around the world. What is it about you guys that is so attractive to an international audience?

Skillet has always been a little hard to define. We are a hard rock band but we're not hard enough to be called a metal band, and we're a little too hard to be called a pop band. We do have a lot of religious themes in our music – spiritual themes. So I think what makes lots of different people like Skillet would be that the lyrics feel spiritual and inspiring. Something that I think everyone can relate to.

How important is fusing religion and music for you?

Fusing religion and music is very important to us because music speaks to our souls. Whether you believe in God or not, we can all pretty much agree that there's something about music that changes us. It touches us in a way that we can't quite put into words. Music is a very spiritual thing, so whenever I'm thinking of writing a song that has that kind of power, I think, 'What is it that I would want to say to the world? What are the things that are most important to me in life?' I think it's a big responsibility being on a platform singing a song, and singing about something that matters.

Do you have any traditions before going on stage?

Some of us do some form of exercise prior to the concert; you know, get a sweat going before. It could be a cardio work out, it could be 10 minutes of extreme sprint intervals so we're ready to rock, so that's always fun. We'll also warm up our voices – do some scales and that sort of thing. And we always have a little chant that we do, almost like a football team, before we go out. We come together and we have a chant that's from the book of Psalms, to get our minds focused on what we're doing there so we're ready to go out and hit the fans.

When travelling around the world, do you ever take note of the local music?

Sometimes when we're travelling we do take note of local bands, but a lot of the times when we play we just don't have the time. The last couple of years, we've done a lot of touring in Europe and Russia and we've been able to watch a lot of great bands. It's kind of given my musical palette a wider breadth. It's good to expand your horizons because America is very trend-driven and if you're not right on point in then you might find it hard to sell records.

NICK JONAS

★★★★★

FORMER Jonas Brother, **Nick Jonas**, is back with his second solo album. The record was preceded by the smash hit *Jealous*, which climbed to the top 10 on the *Billboard* Hot 100 as well as the singles *Chains* and *Teacher*. We think **Nick** has been struggling to find a sound that fits for the past few years, and this may just be it – he just sounds so comfortable on each and every track on this record. Sure, not every song on the album is amazing but overall, we're quite impressed. **Nick** pushes himself on the album and wanted to create the perfect record and that, to us, is the definition of a great artist. The album is filled with sexy R&B bangers and the producers did a great job translating this. If you weren't a fan before, this album will change that.

El's Favourite Track: *Jealous*



Texas 25

★★★★★

CAN you believe that Scottish band Texas have already been around for 25 years? And to celebrate, the band has just released *Texas 25* – a collection of their smash-hits as well as some new re-recordings, bonus material and unreleased tracks all on two CDs. We were huge fans of *Summer Son* and we're glad to see the band come out with a greatest hits collection. It's always special when a band releases songs they've kept secret for so long, and if you're a Texas fan, this should definitely be added to your collection! If you only enjoy one or two Texas tracks, perhaps it's time to give this a miss.

El's Favourite Track: *Summer Son*



Full Speed KID INK

★★★★★

HE dominated the stage at *Axxcess Jozi* last month and since then, we can't stop playing his brand-new third studio album *Full Speed*. With hits such as *Hotel* featuring **Chris Brown** and *Body Language* featuring **Usher** and **Tinashe**, you know this album is jam-packed, but we can't help but feel that the rapper relies too much on other artists to elevate his music. Sure, the songs are catchy but we just don't think this is the kind of record **Kid Ink** wanted to release...

El's Favourite Track: *Hotel* (feat. Chris Brown)



Last
Resort
airs every
Wednesday at
21h00 on Sony
Channel.

TV QUIZ

1. In Season One episode five, who was Curry trying to charge with treason?
2. In the same episode what did Sam imagine?
3. In Season One, episode six, what was Sam anxious about?
4. Which big country decided to join the fight between the two American sides?
5. In Season One, episode two, did Shepard back up Captain Chaplin and XO?
6. In Season One, episode four, Kylie discovered the one who stole her data. Who was it?
7. True or False: Captain Shepard's father gave her time to save her crew.
8. Did Chaplin disobey orders to launch a missile attack on Pakistan?
9. True or False: Chaplin knew about the SEAL action on Season One, episode five.
10. In the premiere, USS Colorado was ordered to launch a missile attack to where?

TRIVIA

1. With whom does Barbie have an on-off romantic relationship?
2. In which board game would you find a top hat, a boat, a flat-iron, and a car?
3. Which famous actor plays Captain Jack Sparrow?
4. What is the world's largest man-made structure?
5. What is the French word for cheese?
6. In which country are Casablanca and Marrakech?
7. Which part of Los Angeles has the postal or zip code 90210?
8. Guinness originated in which country?
9. Hypertension is a term meaning what?
10. Name the ancient Greek warrior who was killed by a poisoned arrow shot into his heel?

CELEB QUIZ

1. Which local presenter has started DJ-ing?
2. Local hottie **Pearl Thusi** is rumoured to be dating which sports presenter?
3. Which Latina star is adjusting to motherhood?
4. Which fashion designer has been accused of copying other famous designs?
5. **Sam Smith** recently announced that he's collaborating with which legend?
6. **Kate Upton** is the new brand ambassador for which brand?
7. **Uma Thurman** owns how many tubes of lipstick?
8. Which famous stars recently dyed their hair platinum blonde?
9. Which soccer heartthrob launched a range of shoes?
10. Who wants the Duchess of Cambridge on *Vogue's* cover?



SKEEM SAAM

MIEKIE and John are horrified when they discover what happened to Tbose. Enhle and Lelo face each other again, after the holidays, and new battle lines are drawn. Tbose comes to some cold, sobering realisations about his life. Tbose faces the wrath and disappointment of his parents. Sonti is worried about Mapitsi's state of mind, after all that's happened with Tbose. Fanie plants the idea in Nimza's head that Charles is trying to rip him off. Captain Malebana pays Kwaito a surprise visit, and pushes him into a tight corner. Nimza's arcade game might just see the light of day, but there are some major obstacles in his path.

Skeem Saam, weekdays on SABC 1 at 18h30.

SCANDAL!

SOMEONE who is guilty of inciting a violent incident is stunned when the plan goes wrong. Traditional methods are turned to when science appears to be failing. Scelo finds himself in a sticky situation and is determined never to land up there again. Anzani receives devastating news about Lerumo. Lindiwe decides to make amends in a fashion which will require courage. Dintle has to find proof to corroborate a lie, and Thembeke puts her foot down about the most important day of her life. Scelo believes he has solved all his problems, but a friend still needs convincing. Lerumo is thrown a potential lifeline and Anzani is entrusted with taking care of the details. A stranger provides Dintle with just what she needs and Layla receives information which she hopes could prevent an event she doesn't want to take place. Scelo and Kitso take care of some unfinished business. Anzani is gutted to learn that her wish to save Lerumo cannot come true. Mangi makes a snap decision, which will change his life forever. Scelo decides to do the right thing but is thwarted by a gossip. *Scandal!, weekdays, on e.tv at 19h30.*

BINNELANDERS

HERMAN is a headache for Jana, while Jan has the same effect on Ilse and Okkie. Karli realises how much work modelling is, and a infamous campaign draws to a close. Zadie has big plans with Stienie, and Ivanka is not at all impressed with someone's words. A huge bus accident could influence Jana's plans, and a Du Preez comes to the rescue. Pippa and Gustav both start their day off on a bad note, and the hatchet is buried on Morné's birthday. The winner of the campaign is announced, and Karli is caught in the crosshairs by a Malherbe. A fistfight might mean the end of a beautiful friendship. Herman must make a few difficult choices, while Morné could be forced to talk with the arrival of an unexpected guest. Pippa will have to swallow her pride, while Kenya and a job in ER look like very happy prospects for two different people. Okkie puts his foot down regarding a relationship, and At gets good news. Karli's decision puts Jana on the war path, while At is not as forthcoming with everyone about his good news.

Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.

ISIDINGO

SIZWE is the target, but Zukisa stands by her man. Rajesh receives news that turns his world upside down again. Calvin and S'khu plan a boys' night out, but Lerato joins in. Sizwe tries to lead the way but is ambushed. Rajesh struggles to withhold Zak's bombshell from Priya. Lerato defends S'khu when he goes through a crisis. Sizwe's personal war with the Sibekos is escalating, but how can he fight this battle alone? It's the day that Priya is due to go through her divorce proceedings, but Rajesh arrives on her doorstep wondering if they're not making a mistake. S'khu gets over his problem with Charlie, but more problems are headed his way. Barker tempts Sizwe into an alliance by playing up the risk to Zukisa. Priya struggles with her new life as a divorced mom. Lerato thinks that S'khu is on the verge of sorting out his life – but then some fans get involved.

Isidingo, weekdays on SABC 3 at 19h30.

7DE LAAN

DIEDERIK is upset with Kim for gossiping and causing trouble. Anna and Marko share a moment in the bookshop. Will Marko be able to forget about Emma and move on with his life? Pulane is convinced that Sifiso is messing around with other girls. Sonja shares her secret with Nadia and Dewald. Nadia is very worried about Sonja's big secret. Sonja becomes her own boss, will this decision be the best for her and Wian, or is she going to pay for this mistake later? Pulane admits to Bonita that she wants to break up with Sifiso. Dali and Nthabi's relationship is going through a rough patch. Sifiso wins Pulane's heart back with the help of their friends. Bonita is glowing with happiness, while Vince is his old self again. Paula is caught off-guard with the negative comments on her vlog. Does Marko have a new love interest? Nadia visits Bernard and opens old wounds. Lynette is very curious about Ryno's wellbeing – will she be able to forget about their past, or will the only solution be to move away from Hillside? Nadia has a new job but will Herman approve?

7de Laan, weekdays on SABC 2 at 18h30.

THE BOLD AND THE BEAUTIFUL

RICK, Eric, Caroline, Quinn, Carter and Maya discuss the possible ramifications of changing the message of HFTF. Hope puts her foot down with Aly and tells her that the decision about the line is hers, not Aly's. While Aly and Hope discuss the situation, Liam and Wyatt argue about which way Hope will go and who knows her better. Later, Quinn watches as Liam surprises Hope with an unexpected gesture of his love. Rick fills Hope in on what happened with Brooke earlier at Eric's house. He then puts in a good word for Bill to his mom. Liam gives his father sound advice when Bill asks him to help him win Brooke back. Quinn tells Wyatt that she isn't threatened by Brooke, that she's not the right person for him. Bill surprises Brooke when he shows up at her front door. Bill attempts to convince Brooke to allow him back into her heart and into her bed. Wyatt and Hope share a romantic evening. Bill receives two surprise visitors, one welcome and one unwelcome, in one night.

The Bold And The Beautiful, weekdays on SABC 3 at 18h00.

RHYTHM CITY

TSHEGO confronts Lerato about her relationship with David. Bash is afraid that Niki has told Suffo about his and Nox's scam. Pastor Isaac confronts Jafta about his affair with Sis Bee. Jafta and sis Bee realise Mampho's outed them to the pastor. Thandeka plays on Lerato's insecurities. Niki uncovers something incriminating about Nox. Jafta and sis Bee have to make a very difficult decision about their relationship. Bash discovers that he may not be the only man that's rocking Nox's boat. Doc finds himself attracted to more than Lerato's ability to make music. When Doc helps Lerato recapture how she felt singing in front of the audience, it leads to a passionate kiss between them. Mampho is uncomfortable when she hears Jamaica gossiping about another adulterous man. Thandeka's not thrilled to discover that Lerato spent the night with Doc. Niki confronts Nox, who provokes Niki into hitting her in public. Sis Bee unsuccessfully tries to get back into Mampho's good books.

Rhythm City, weekdays on e.tv at 18h30.



Sizwe Zondile is Jet Novuka in *Isidingo*

SOAPIE STAR OF THE WEEK



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PEOPLE 99

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'Abandoned By Mother'

THIS reader says that her mom chose her second husband over her and her brother.

I GREW up in a beautiful home with good parents. We were not rich but I had everything I needed – a roof over my head, a good education and, most importantly, love... Until, that is, the year of 2007, when my parents decided to get divorced.

I was nine years old and my younger brother was seven. He didn't understand what was

happening but I knew what was going on. My marks came crashing down, my image was destroyed and my self-confidence disappeared. I struggled to pick myself up again, and I went for counselling and endless meetings with doctors to help me put my life back together.

For seven years my mom, my younger brother and I lived alone on a farm. Then she met a younger man.

He would often visit us and sometimes sleep over, and it was uncomfortable having him around. I didn't like him. My mom and I had a good relationship, which made him jealous. He was mean and rude, and I never understood what my mom saw in him.

Eventually he convinced my mom to move into town. We had endless fights and I was always the one to blame. He kicked me out more than once, and I lived with my friend for a week before moving in with my dad. In 2013 my mom and this man got married. After that he and I buried the hatchet – although his personality hadn't really changed – and I moved back in with him and my mother. I tried to get along with my new stepfather and ignore the rude comments he would make – like when he said I was 'the

devil's child'.

And life only got harder. My last year of school was hell. I lost my grandfather, and there was still this mean little man in my life with whom I had to deal with. And once I had matriculated he managed to kick me out the house again, and sent me off to another town. I was alone for a year. I had no transport and no job, although my mom

'I didn't like him. My mom and I had such a good relationship, which made him jealous. He was mean and rude, and I never understood what my mom saw in him.'

between us. He got physical with my brother. Eventually after endless days of fighting with my mom, I left.

Now I'm 17 years old, and I have my own flat, my own car and a job. I haven't spoken to my mom in four months. I have no interest in seeing her again. I wish her well, but my life is much better without those two. My brother still keeps in contact with them, but he says that the relationship is not the same. Clearly my mom chose her young lover over her own children."

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.



THANDO FIKILE RAMANKI
Disappeared: February 1, 2015
Age: 14
Thando left home in Moroka and has been missing ever since.



DOMINIQUE OOSTHUIZEN
Disappeared: February 13, 2015
Age: 15
Dominique left home in Pretoria North and has been missing ever since.



MAGGY MAAHE
Disappeared: January 22, 2015
Age: 22
Maggy left home in Randfontein and has been missing ever since.



SYLVESTER MAETSA
Disappeared: December 20, 2014
Age: 31
Sylvester left home in Tembisa and has been missing ever since.



MZIWETHEMBA MATSHOBA
Disappeared: February 13, 2015
Age: 46
Mziwethemba left home in Orange Farm, Gauteng, and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322
Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965
Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1497
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?



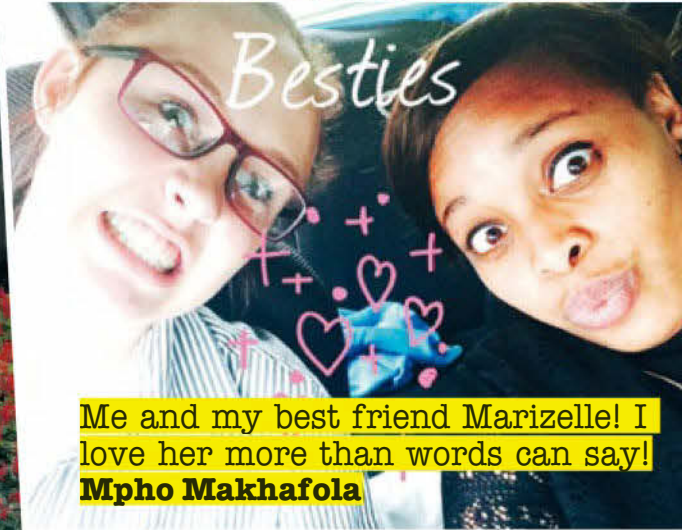
Dear people

Hi everybody! Send only one pic to Dearpeople@cxaton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.peoplemagazine.co.za) where you can upload your own photos!

Thanks for being the best bridesmaids a woman could ask for!
Veruschke Strydom



Me and my other half, Clinton.
Nikita Moodley



Me and my best friend Marizelle! I love her more than words can say!
Mpho Makhafola

My blessing from God. He is my prince and my reason for living.
Gadi



My gorgeous son, Faizeen. I adore and love you so much.
Nazereen Ismail



Our little boy, Raiden! We love you lots!
Sam and Ralph

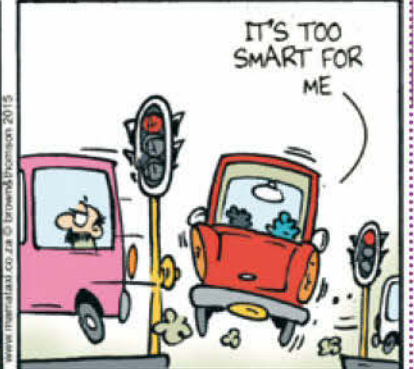
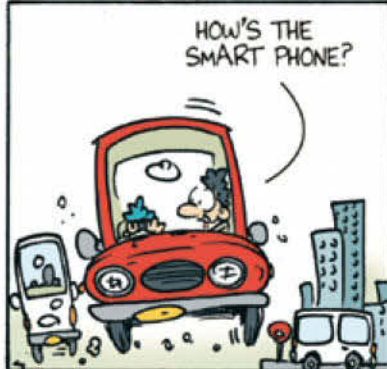


My beautiful grandchildren – I love them lots! **Elmari**



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MAMA TAXI



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www.peoplemagazine.co.za

PEOPLE 101

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 Tinker Bell And The Pirate Fairy	07:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show
07:00 The Middle	07:00 Modern Family	08:00 MasterChef Australia	10:50 Jobs	07:00 Modern Family	07:00 The Millers	07:00 Mom
07:30 TBA	07:30 Olive Kitteridge	13:00 Arrow	13:00 Celebrity MasterChef SA	07:30 Blue Bloods	07:30 Mind Games	07:30 Caught On Camera
08:30 The Lottery	08:30 Perception	14:00 Mysteries Of Laura	14:00 Marvel's Agent Carter	08:30 The Fixer	08:30 Celebrity MasterChef SA	08:30 The Last Ship
09:30 Cloudy With A Chance Of Meatballs	09:30 Muppets Most Wanted	15:00 Blue Bloods	15:00 Grey's Anatomy	09:30 Celebrity MasterChef SA	09:30 Rio	09:30 Thunderstruck
11:30 Mom	11:30 Two And A Half Men	16:00 Celebrity MasterChef SA	16:00 Chicago Fire	11:30 2 Broke Girls	11:30 The Middle	11:30 About A Boy
12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	17:00 The Blacklist	17:00 The Fixer	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show
13:00 Restaurant Start-Up	13:00 MasterChef Australia	18:00 Mom	18:00 Celebrity MasterChef SA	13:00 MasterChef Australia	13:00 TBA	13:00 Restaurant Start-Up
14:00 Carte Blanche	14:00 N.C.I.S.	19:00 2 Broke Girls	19:00 Carte Blanche	14:00 Nashville	14:00 Elementary	14:00 Perception
15:00 Suits	15:00 Blue Bloods	19:30 About A Boy	20:05 Delivery Man	15:00 Mind Games	15:00 Caught On Camera	15:00 Elementary
16:00 Modern Family	16:00 The Fixer	20:00 Nashville	22:15 Last Week	16:00 Marvel's Agent Carter	16:00 The Last Ship	16:00 The Lottery
16:30 Two And A Half Men	17:00 The Ellen DeGeneres Show	21:00 Gotham	22:00 CSI	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show
17:00 The Ellen DeGeneres Show	18:00 2 Broke Girls	22:00 Marvel's Agent Carter	23:00 Young Hollywood's Greatest	18:00 Mom	18:00 2 Broke Girls	18:00 The Middle
18:00 About A Boy	18:30 MasterChef Australia	01:30 Ride Along	23:50 Hollywood's Greatest	18:30 TBA	18:30 Restaurant Start-Up	18:30 TBA
18:30 MasterChef Australia	19:30 Marvel's Agents Of S.H.I.E.L.D.	03:15 I, Frankenstein	00:00 Lucky	19:30 The Last Ship	19:30 The Lottery	19:30 Modern Family
19:30 The Fixer	20:30 Red	05:00 Vampire Academy	01:40 Grudge Match	20:30 Mysteries Of Laura	20:30 Gotham	20:30 The Millers
20:30 Blue Bloods	21:30 Winter's Tale		03:30 Young Hollywood's Greatest	21:30 Elementary	21:30 Perception	21:30 CSI
21:30 N.C.I.S.	23:45 The Wolf Of Wall Street		04:25 Mr Peabody And Sherman	22:30 Carte Blanche	22:30 Elementary	22:30 Perception
22:30 CSI	01:30 MasterChef Australia			23:30 Devil's Due	23:30 CSI	23:30 Gotham
23:30 Last Week Tonight With John Oliver	05:00 MasterChef Australia			00:30 Young Hollywood's Greatest...	00:30 Young Hollywood's Greatest...	00:30 Vice
00:00 Kill Your Darlings				04:00 Nebraska	01:00 August: Osage County	01:00 Walking With Dinosaurs
01:40 The Identical				05:00 MasterChef Australia	03:00 The Identical	02:30 Entertainment Now

Fun Fact

Kill Your Darlings
IN this film, David Cross plays Allen Ginsberg's father, Louis. In *I'm Not There* (2007), David Cross played Allen Ginsberg himself.

Top Pick This Week



Delivery Man

Fun Fact

I, Frankenstein
AARON ECKHART stated in an interview that during filming of one of the Kali stick fight scenes, he thought he broke his neck when he was hit with a powerful blow during shooting. "I went down to the ground like a sack of potatoes," he said.

SCHEDULES SABC1

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:30 YO.TV	05:02 Geleza Nathi	06:30 Siyakholwa	06:30 Bonisanani	05:00 Aum	05:00 Izwi La Bantu	05:02 Geleza Nathi
07:00 YO.TV Land	06:00 Kids News & Current Affairs	07:00 Fantastic Four	07:00 Fantastic Four	05:02 Geleza Nathi	05:02 Geleza Nathi	06:00 Kids News & Current Affairs
07:15 YO.TV Litha Lethu	06:30 Sports Buzz	07:30 YO.TV Mmino Mania	07:30 YO.TV	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:30 YO.TV
07:30 Takalani Sesame	07:00 YO.TV	08:00 YO.TV What's In The Fridge	08:00 Ntunjambili	06:30 YO.TV Paws And Claws	06:30 YO.TV Zenzele	06:45 YO.TV
08:00 The Bold And The Beautiful	07:15 YO.TV Litha Lethu	08:15 YO.TV Yo Hambo	08:00 Tales	07:00 YO.TV	07:00 YO.TV	07:00 YO.TV
08:30 Isidingo	07:30 Takalani Sesame	08:30 PaddlePop	08:15 YO.TV Zenzele	07:15 YO.TV Litha Lethu	07:15 YO.TV Litha Lethu	07:15 YO.TV Litha Lethu
09:00 Generations: The Legacy ^R	08:00 The Bold And The Beautiful ^R	09:00 Local Current Affairs	08:30 Zorro: Generation Z	07:30 Takalani Sesame	07:30 Takalani Sesame	08:00 The Bold And The Beautiful ^R
09:30 Muvhango	08:30 Isidingo ^R	10:00 Generations: The Legacy (Omnibus)	09:00 Mzansi Insider	08:00 The Bold And The Beautiful ^R	08:00 The Bold And The Beautiful ^R	08:00 The Bold And The Beautiful ^R
10:00 Skeem Saam ^R	09:00 Generations: The Legacy ^R	12:30 Imizwili	10:00 Gospel Gold	08:30 Isidingo	08:30 Isidingo	08:30 Isidingo
10:30 Emzini	09:30 Muvhango	13:30 Sport Magazine	11:00 Identity	09:00 Generations: The Legacy ^R	09:00 Generations: The Legacy ^R	09:00 Generations: The Legacy ^R
11:00 The Chatroom	10:00 Skeem Saam ^R	14:00 Soccer 411	12:00 Big Up	09:30 Muvhango	09:30 Muvhango	09:30 Muvhango
11:30 The Link	10:30 Emzini	15:00 Soccer Build-Up	12:30 Roots	10:00 Skeem Saam ^R	10:00 Skeem Saam ^R	10:00 Skeem Saam ^R
12:00 Identity	11:00 Wezinsizwa	15:30 Laduma Live	13:00 Live Amp	10:30 Emzini	10:30 Emzini	10:30 Emzini
12:30 Big Up	11:30 Cutting Edge	17:30 Roots	14:00 Real Goboza	10:30 Emzini	11:00 Shift	11:00 Box Office
13:00 Lunchtime News	12:00 100% Youth	18:00 Friends Like These	14:30 Soccer Build-Up	11:00 Shift	11:00 Shift	11:30 Selimathunzi
13:30 Fan Base	12:00 Friends Like These	19:00 News	15:00 Laduma	12:00 Yilungelo Lakho	12:00 Soccer Zone	12:00 Khumbulekhaya
14:00 Zaziwa	13:00 Lunchtime News	19:30 Real Goboza	17:30 Kulcha Kwest	13:00 Lunchtime News	13:00 Lunchtime News	13:00 Lunchtime News
14:30 Teenage Mutant Ninja Turtles	13:30 Yilungelo Lakho	20:00 Soccer Build-Up	18:00 Come Again	13:30 Making Moves	13:30 Ispani	13:30 My World
15:00 YO.TV	14:30 ANT Farm	20:15 Soccer	19:00 News	14:30 Matt Hatter Chronicles	14:30 Iron Man	14:30 Zheng He's Voyage
16:00 Bona Retsang	15:00 YO.TV	22:15 Skyroom Live	19:30 Sunday Live	15:00 YO.TV	15:00 YO.TV	15:00 YO.TV
16:30 The Steve Harvey Show	16:00 Bona Retsang		20:00 Joyous Celebration	16:00 Teenagers On A Mission	16:00 Teenagers On A Mission	16:00 Bona Retsang
17:28 Journeys Of Inspiration	16:30 The Steve Harvey Show		22:00 Best Years	16:30 The Steve Harvey Show	16:30 The Steve Harvey Show	16:30 The Steve Harvey Show
17:30 News (Siswati/ Ndebele)	17:28 Reflections Of Faith			17:28 Aum	17:28 Izwi La Bantu	17:28 Listen For A Moment
18:00 100% Youth	17:30 Vaya Mzansi			17:30 News	17:30 News	17:30 News
18:30 Skeem Saam	18:00 Fan Base			18:00 Holiday Swop	18:00 Nyan Nyan	18:00 Moka Pelo
19:00 News	18:30 Skeem Saam			18:30 Skeem Saam	18:30 Skeem Saam	18:30 Skeem Saam
19:30 Zaziwa	19:00 News			19:30 Thandeka's Diary	19:30 Selimathunzi	19:00 News
20:00 Generations: The Legacy	19:30 Jika Majika			20:00 Generations: The Legacy	20:00 Generations	19:30 Ithuba
20:30 TBA	20:00 Tempy Pushas			20:30 Uzalo	20:30 Uzalo	20:00 Generations: The Legacy
21:30 Cutting Edge	21:00 Live Amp			21:00 Soccer Zone	21:00 The Game	20:30 Uzalo
22:00 Home Affairs	22:00 Pit Fighter			22:00 Skyroom Live	22:00 Best Years	21:00 Khumbu'Ekhaya
23:00 Koze Kuse	00:00 Koze Kuse			23:00 Koze Kuse	23:00 Koze Kuse	22:00 Sports @10

Top Pick This Week



Nyan Nyan

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 Growing Tomorrow	05:30 Growing Tomorrow	05:30 Living Land	05:57 Motheo	06:00 Morning Live	05:30 Growing Tomorrow	05:30 Growing Tomorrow
05:57 Motheo	05:57 Motheo	05:57 Op Pad	06:00 Thabang Thabong	08:00 Parliament: A View From The House	05:57 Motheo	05:57 Op Pad
06:00 Morning Live	06:00 Morning Live	06:00 Thabang Thabong	06:30 Inside The Boabab Tree	07:00 Morning Live	06:00 Morning Live	06:00 Morning Live
08:00 Infomercials	08:00 Infomercials	06:30 Inside The Boabab Tree	08:30 Simcha	08:30 Magical World Of Luna-Belle	08:00 Infomercials	09:00 Inside The Boabab Tree
09:00 Inside The Boabab Tree	09:00 Inside The Boabab Tree	07:00 Morning Live	09:00 Issues Of Faith	09:15 Magical World Of Luna-Belle	09:00 Inside The Boabab Tree	09:30 Tree Fu Tom
09:30 Tree Fu Tom	09:30 Tree Fu Tom	08:30 House Call	10:00 Music And The Spoken Word	09:30 Tree Fu Tom	09:30 Tree Fu Tom	10:00 Takalani Sesame
10:00 Takalani Sesame	10:00 Takalani Sesame	09:30 Rough It Out	10:30 Psalms	10:00 Takalani Sesame	10:00 Takalani Sesame	10:30 Rivoningo
10:30 Rivoningo	10:30 Rivoningo	10:00 Words And Numbers	11:00 Women In Sport	10:30 Rivoningo	10:30 Rivoningo	11:00 It's For Life
11:00 Rands With Sense	11:00 Each One Teach One	10:30 My Night	11:30 Thukuta	11:00 Super Nanny	11:00 Golden Years	11:30 48 Hours
11:30 Umnotfo Wami	11:30 Ngula Ya Vutivi	11:00 Naruto	12:00 Sportsview	12:00 Dr Phil	11:30 Our Moments	12:00 Dr Phil
12:00 The Talk	12:00 The Talk	13:00 Takeshi's Castle	12:30 Saath Phere	13:00 Days Of Our Lives	12:00 Dr Phil	13:00 Days Of Our Lives
13:00 Days Of Our Lives	13:00 Days Of Our Lives	13:30 Muvhango (Omnibus)	13:30 Mela	14:00 7de Laan	13:00 Days Of Our Lives	14:00 7de Laan
14:00 7de Laan	14:00 7de Laan	15:30 TBA	14:30 Pasella	14:30 Love That Girl (Omnibus)	14:00 7de Laan	15:00 Skeem Saam
15:00 Skeem Saam	14:30 Mali	18:00 The Cube	15:30 7de Laan (Omnibus)	15:00 Skeem Saam	14:30 Mali	15:30 Muvhango
15:30 Muvhango	15:00 Skeem Saam	19:00 Nuus	18:00 It's Gospel Time	15:30 Muvhango	15:00 Skeem Saam	16:00 Hectic Nine-9
16:00 Hectic Nine-9	15:30 Muvhango	19:30 News	19:00 Nuus	16:00 Hectic Nine-9	15:30 Muvhango	17:00 One Piece
17:00 Siyaya	16:00 Hectic Nine-9	20:00 Ke Ba Bolleletse	20:00 Ga Re Dumele	17:00 One Piece	16:00 Hectic Nine-9	17:30 News (Venda/ Tsonga)
17:30 News (Venda/ Tsonga)	17:00 Snake Park	20:30 TBA	20:30 Interface	17:30 News (Venda/ Tsonga)	17:00 One Piece	18:00 Motswakwa
18:00 Leihlo La Sechaba	17:30 News (Venda/ Tsonga)	22:00 Afro Café	21:00 Hidden Holocaust	18:00 When Duty Calls	17:30 News (Venda/ Tsonga)	18:30 7de Laan
18:30 7de Laan	18:00 Nhlalala Ya Rixaka	23:00 Deutsche Welle	22:00 Motive	18:30 7de Laan	18:00 Ngula Ya Vutivi/ Zwa Maramani	19:00 Ba Kae
19:00 Ba Kae	18:30 7de Laan	00:00 Deutsche Welle	23:00 Smallville	19:00 What's Behind The Wall	18:30 7de Laan	19:30 Mali
19:30 Nguni News	19:00 Nuus		01:00 SABC News International	19:30 Mali	19:00 Nuus	20:00 What's Behind The Wall
20:00 My Wife And Kids	19:30 News			20:00 Teen Wolf	19:30 News	20:30 Ba Kae
20:30 Nhlanhla Ya Rixaka	20:00 Noot Vir Noot			21:00 Muvhango	20:00 What's Behind The Wall	21:00 Muvhango
21:00 Muvhango	21:00 Muvhango			21:30 Moferefe	20:30 Ba Kae	21:30 Tokolosi
21:30 Speak Out	21:30 Powerball			22:00 Something The Lord Made	21:00 Muvhango	22:00 Afro Café
22:00 Snapped	22:00 Mokgonyana			00:00 Numbers	21:30 Powerball	23:00 Teen Wolf
23:00 Motive	22:30 Smallville			01:00 Open University	21:30 Powerball	00:00 Open University
00:00 Deutsche Welle	23:30 The X Factor			02:00 Dr Phil	22:30 Open University	01:00 Dr Phil
01:00 SABC News International	01:30 SABC News International			03:00 Deutsche Welle	23:30 Dr Phil	02:00 SABC News International

Top Pick This Week



The X Factor



Snapped

Fun Fact

Smallville

JENSEN ACKLES, who plays Jason Teague in Season Four, was the second choice to play Clark Kent. If **Tom Welling** had not accepted the part, the role would have gone to him.

SCHEDULES | SABC 3

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	06:33 Thundercats	05:00 AM Shopping	05:30 Kiddies	05:00 Am Shopping
05:30 Kiddies	05:30 Kiddies	06:00 Neighbourhood – Me And My World	07:03 Play Network	05:30 Kiddies	06:00 Expresso	05:30 Kiddies
06:00 Expresso	06:00 Expresso	06:32 Play Network	07:09 Challenge	06:00 Expresso	08:30 Dr Oz show	06:00 Expresso
08:30 The Dr Oz Show	08:30 The Dr Oz show	07:00 Special Agent	07:30 Young Justice: Invasion	08:30 The Dr Oz Show	09:30 3 Talk	08:30 The Dr Oz Show
09:30 3 Talk	09:30 3 Talk	07:30 Batman: The Brave And The Bold	08:00 Imagination Movers	09:30 3 Talk	10:30 Generations: The Legacy	09:30 3 Talk
10:30 Generations: The Legacy	10:30 Generations: The Legacy	08:00 Gloss It Up	08:30 TBA	10:30 Generations: The Legacy	11:00 Isidingo	10:30 Generations: The Legacy
11:00 Isidingo	11:00 Isidingo	08:30 Technorati	09:00 Snazzy Stories	11:00 Isidingo	11:30 7de Laan	11:00 Isidingo
11:30 7de Laan	11:30 7de Laan	09:00 Cooking Magic	09:30 Whip The Chef	11:30 7de Laan	13:00 News	11:30 7de Laan
13:00 News	14:00 The Meredith Vieira Show	09:30 Which Way	10:00 New Day	14:00 The Meredith Vieira Show	13:27 Africa News Update	13:00 News
14:00 The Jeff Probst Show	15:00 Neill Anthony Private Chef	10:00 Hannah Montana	10:30 Isidingo (Omnibus)	15:00 The Dr Oz Show	14:00 The Meredith Vieira Show	14:00 The Meredith Vieira Show
15:00 The Dr Oz Show	15:30 TBA	10:30 Forever	12:30 Top Billing	16:00 3 Talk	15:00 Dr Oz Show	15:00 Dr Oz Show
16:00 3 Talk	16:00 3 Talk	11:00 Music Moves Me	13:30 Amazing Race	17:00 Days Of Our Lives	16:00 3 Talk	16:00 3 Talk
17:00 Days Of Our Lives	17:00 Days Of Our Lives	11:30 An Nur	14:30 TBA	18:00 The Bold And The Beautiful	17:00 Days Of Our Lives	17:00 Days Of Our Lives
18:00 The Bold And The Beautiful	18:00 The Bold And The Beautiful	12:00 DTV	16:30 Neil Anthony Private Chef	18:00 News	18:00 The Bold And The Beautiful	18:00 The Bold And The Beautiful
18:30 News	18:30 News	12:30 The Bold And The Beautiful	18:30 Minute To Win It	19:00 Isidingo	18:30 News	18:30 News
19:00 Isidingo	19:00 Isidingo	17:00 The Grand Pavilion	19:00 Fokus	19:30 The Big Bang Theory	19:00 Isidingo	19:00 Isidingo
19:30 Man Cave	19:30 TBA	18:30 News	19:30 True To Form	20:30 Survivors	19:30 The Mentalist	19:30 Dallas
20:00 Voetspore	20:30 TBA	19:00 Pop-Up	20:30 Special Assignment	21:30 N.C.I.S.	20:30 Nikita	20:30 Konings
20:30 Top Billing	22:30 Nikita	21:30 Desperate Housewives	21:00 Chicago Fire	22:30 Wild Africa	21:30 Hostages	21:30 Hawaii Five O
21:30 TBA	23:30 The Client List	22:30 Sports Wrap	22:00 Supernatural	23:30 Special Assignment	22:30 Desperate Housewives	22:25 Sports Wrap
23:25 Sports Wrap	00:30 Voetspore	23:00 The Big Bang Theory	23:00 N.C.I.S.	00:00 Airwolf	23:30 Fokus	22:30 House Of Lies
23:30 2 Broke Girls	01:00 The Meredith	00:30 Mating Games			00:00 Magnum	23:00 CSI: New York
00:00 Miami Vice	02:00 3 Talk	01:30 An Nur			01:00 The Jeff Probst Show	00:00 Kojak
01:00 The Jeff Probst Show	03:00 Steven And Chris	02:00 Sadhana			02:00 3 Talk	01:00 The Jeff Probst Show
02:00 3 Talk	04:00 Kojak	02:30 DTV			03:00 Steven And Chris	02:00 3 Talk
03:00 Steven And Chris		03:00 Fokus			04:00 The Dr Oz Show	03:00 Steven And Chris
		03:30 Special Assignment				04:00 The Dr Oz Show

Fun Fact

The Big Bang Theory

MAYIM BIALIK (Amy Farrah Fowler) is the only cast member to have a real PhD. She completed her neuroscience studies in 2008.

Top Pick This Week



The Big Bang Theory



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots 05:25 e-Insert 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young And The Restless ^R 11:30 Checkpoint 12:00 Downtown Hunters 12:30 Backstage 13:00 News Day 13:30 WWE Raw ^R 14:30 Peppa Pig 14:35 Cool Catz 15:00 SpongeBob SquarePants 15:30 Jackie Chan's Adventures 16:00 Craz-e World Live 16:30 The Queen Latifah Show 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Late Nite News With Loyiso Gola 20:30 TBA 21:00 TBA 23:20 TBA 01:15 Red Light Central TV 03:15 Obese: A Year To Save My Life 04:00 TBA	05:00 Life By Design 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young And The Restless ^R 11:30 eKasi: Our Stories 12:30 Backstage 13:00 e-News Day 13:30 WWE Smackdown 14:30 TBA 16:30 The Queen Latifah Show 17:30 Reed Between The Lines 18:00 Club 808 18:30 News 19:00 Rhythm City 19:30 Scandal! 20:00 Traffic 20:30 News 21:00 TBA 00:25 TBA 02:15 Red Light Central TV 04:15 Just Shoot Me 04:45 The Planet's Funniest Animals	05:00 Medical Detectives ^R 06:00 The Planet's Funniest Animals 06:35 Cool Catz 07:00 Peppa Pig 07:05 Cool Catz 07:30 Monsters Vs Aliens 07:45 Mike The Knight 08:00 Dora The Explorer 08:30 Dr 09:00 Dimensionpants 09:30 Sistahood 11:30 Scandal! 12:30 WWE NXT (Omnibus) 13:30 The Close Up 13:30 The Planet's Funniest Animals 14:05 TBA 16:00 Hawthorne 17:00 Life With La Toya 17:30 House Of Payne 18:00 e-News Early Edition 18:05 Masters Of Illusion 18:30 House Of Payne 19:00 e-News Prime Time 19:30 TBA 21:30 TBA 23:40 Red Light Central TV 01:40 TBA 04:00 Just Shoot Me 04:30 Mosadi Wa Rasta: Rasta Women Of Limpopo	05:30 Creflo Dollar 06:00 e-Shibobo 06:30 Grassroots 07:00 Checkpoint 07:30 Hillsong 08:00 Peppa Pig 08:05 Cool Catz 08:30 Street Football 09:00 Max Steel 09:30 ShizNiz 10:00 I Love South Africa 11:00 Vaskap Angling 11:30 UEFA Magazine 12:05 TBA 14:25 TBA 16:00 Extreme Makeover: Weight Loss Edition 17:00 WWE Raw 18:00 News 18:05 I Shouldn't Be Alive 18:30 Gumba 19:00 e-News Prime Time 19:30 How I Met Your Mother 20:00 TBA 21:55 TBA 00:30 TBA 02:40 TBA 03:55 Love In The Wild 04:50 The Planet's Funniest Animals	05:00 Creflo Dollar 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 e-Shibobo 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:30 Backstage 13:00 e-News Day 13:30 WWE NXT 14:30 Peppa Pig 15:00 Mike The Knight 15:30 Monsuno 16:00 Sistahood 16:40 The Young And The Restless 17:30 Paternity Court 18:00 Katch It With Khanyi 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Seinfeld 20:30 Vat N Sit 21:00 eKasi: Our Stories 22:00 e-News Late Edition 22:00 WWE Superstars 23:00 TBA 01:00 Bette! 01:30 Ekse: Let's Talk With Masechaba Lekalake 02:00 Medical Detectives 02:30 It Might Get Loud 04:15 Hollywood On Set 04:45 The Planet's Funniest Animals	05:00 Hillsong 05:30 e-News (African Language) 06:00 Sunrise 07:55 Faith Today 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Katch It With Khanyi ^R 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:30 Backstage 13:00 e-News Day 13:30 WWE Superstars 14:30 Peppa Pig 14:35 Cool Catz 15:00 Dora The Explorer 15:30 Pokémon: DP Galactic Battle 16:00 Shiz Niz 16:40 The Young And The Restless 17:30 Paternity Court 17:55 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Ashes To Ashes 20:30 News 21:00 eKasi: Our Stories 22:00 Checkpoint 22:30 TBA 00:25 Ekse: Let's Talk With Masechaba Lekalake 00:55 Hollywood On Set 01:25 e-Shibobo 01:55 TBA 03:40 Mad 04:10 Medical Detectives 04:40 The Planet's Funniest Animals	05:00 Zokodetja Documentary 05:30 News 06:00 Sunrise 07:15 Thomas And Friends 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young and The Restless ^R 11:30 Great Expectations 12:30 Backstage 13:00 e-News Day 13:30 Just Shoot Me 14:00 Paternity Court 14:30 Silent 14:35 Cool Catz 15:00 Sanjay And Craig 15:30 Craz-e Frenzy 16:00 Supa Strikers 16:30 The Queen Latifah Show 16:40 The Young And The Restless 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Let's Stay Together 20:30 WWE Smackdown 22:05 TBA 00:20 TBA 02:00 TBA 04:05 Ekse: Let's Talk With Masechaba Lekalake

Top Pick This Week



Traffic



How I Met Your Mother

Fun Fact

It Might Get Loud
JACK WHITE reportedly wrote and recorded his first solo single, *Fly Farm Blues*, in 10 minutes during the filming of this movie.

Gig Guide

Where YOU Should Be Seen

April 2 – 8

April 2

Chris Brown X Tour Live – The Dome, Johannesburg. Tickets R750 – R1 500.

April 4

Kwaito Vs House Easter Picnic – Gcuwa Dam, Butterworth, Eastern Cape. Tickets R60 – R200.

April 5

Splashy Fen Music Festival – Underberg, KwaZulu Natal. Tickets R625.



SPLASHY FEN

FOR MORE INFO GO TO WWW.COMPUTICKET.CO.ZA



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show 07:00 The Middle 07:30 TBA 08:30 The Lottery 09:30 Jobs 11:30 Mom 12:00 The Ellen DeGeneres Show 13:00 Restaurant Start-Up 14:00 Carte Blanche 15:00 Suits 16:00 Modern Family 16:30 Two And A Half Men 17:00 The Ellen DeGeneres Show 18:00 About A Boy 18:30 MasterChef Australia 19:30 The Fixer 20:30 Blue Bloods 21:30 N.C.I.S. 22:30 CSI 23:30 Entertainment Now 00:00 Vice 00:30 A Birder's Guide To Everything 01:55 The Fault In Our Stars 04:00 Made In Hollywood 05:00 MasterChef Australia	06:00 The Ellen DeGeneres Show 07:00 Modern Family 07:30 Olive Kitteridge 08:30 Perception 09:30 Justin And The Knights Of Valour 11:30 Two And A Half Men 12:00 The Ellen DeGeneres Show 13:00 MasterChef 14:00 Australia 15:00 N.C.I.S. 16:00 Blue Bloods 17:00 The Fixer 18:00 2 Broke Girls 18:30 MasterChef Australia 19:30 Marvel's Agents Of S.H.I.E.L.D. 20:30 Arrow 21:30 Pompeii 23:45 Not Safe For Work 01:00 The Fifth Estate 03:30 Rewind 05:00 MasterChef Australia	06:00 Justin Bieber's Believe 08:00 MasterChef 13:00 Australia 14:00 Mysteries Of Laura 15:00 Blue Bloods 16:00 MasterChef SA 17:00 The Blacklist 18:00 Mom 18:30 2 Broke Girls 19:00 The Middle 19:30 About A Boy 20:00 Nashville 21:00 Gotham 22:00 Marvel's Agent Carter 23:00 Let Go Butter 03:50 Lucky	07:00 The Ellen DeGeneres Show 10:50 Jobs 13:00 Celebrity MasterChef SA 14:00 Marvel's Agent Carter 15:00 Grey's Anatomy 16:00 Chicago Fire 17:00 The Fixer 18:00 Celebrity MasterChef 19:00 Carte Blanche 20:05 Escape Plan 21:35 Vice 22:15 Last Week Tonight With John Oliver 23:05 Entertainment Now 22:00 CSI 23:40 The Purge 01:10 Devil's Due 02:40 Lincoln	06:00 The Ellen DeGeneres Show 07:00 Modern Family 07:30 Blue Bloods 08:30 The Fixer 09:30 Celebrity MasterChef SA 11:30 2 Broke Girls 12:00 The Ellen DeGeneres Show 13:00 MasterChef Australia 14:00 Nashville 15:00 Mind Games 16:00 Marvel's Agent Carter 17:00 The Ellen DeGeneres Show 18:00 Mom 18:30 TBA 19:30 The Last Ship 20:30 Mysteries Of Laura 21:30 Elementary 22:30 Carte Blanche 23:30 Mud 01:45 Jobs 04:00 Hollywood's 10 Best Awkward Moments 04:30 MasterChef Australia	06:00 The Ellen DeGeneres Show 07:00 The Millers 07:30 Mind Games 08:30 Celebrity MasterChef SA 09:30 The Fault In Our Stars 11:30 The Middle 12:00 Ellen DeGeneres Show 13:00 TBA 14:00 Elementary 15:00 Caught On Camera 16:00 The Last Ship 17:00 The Ellen DeGeneres Show 18:00 2 Broke Girls 18:30 Restaurant Start-Up 19:30 The Lottery 20:30 Gotham 21:30 Perception 22:30 Elementary 23:30 CSI 00:30 Young Hollywood's Greatest 01:30 Best Man Hoilday 03:00 Wild Card 05:00 MasterChef Australia	06:00 The Ellen DeGeneres Show 07:00 Mom 07:30 Caught On Camera 08:30 The Last ship 09:30 Stolen 11:30 About A Boy 12:00 The Ellen DeGeneres Show 13:00 Restaurant Start-Up 14:00 Perception 15:00 Elementary 16:00 The Lottery 17:00 The Ellen DeGeneres Show 18:00 The Middle 18:30 TBA 19:30 Modern Family 20:00 The Millers 20:30 Suits 21:30 CSI 22:30 Perception 23:30 Gotham 00:30 Vice 01:00 Devil's Due 02:30 Entertainment Now 03:00 World War Z 05:00 MasterChef Australia

TOP PICK THIS WEEK



Escape Plan



Jobs

Fun Fact
Pompeii
KIT HARINGTON reportedly suffered from body dysmorphia (excessive anxiety about the appearance of one's body) while working out for this role.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Journeys Of Inspiration 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations the Legacy ^R 09:30 Muvhango ^R 10:00 Skeem Saam 10:30 Emzini 11:00 The Chatroom ^R 11:30 The Link 12:00 Identity 12:30 Big Up 13:00 Lunch Time News 13:30 Fan Base 14:00 Zaziwa ^R 14:30 Teenage Mutant Ninja Turtles 15:00 YO.TV 16:00 Bona Retsang 16:30 The Steve Harvey Syndicated Show 17:28 Journeys Of Inspiration 17:30 News (Siswati/ Ndebele) 18:00 100% Youth 18:30 Skeem Sam 19:00 News 19:30 Zaziwa 20:00 Generations the Legacy 21:30 Cutting Edge 22:00 Home Affairs	05:00 Reflection of Faith 05:02 Geleza Nathi 05:50 Infomercial 06:00 Kids News & Current Affairs 06:30 Sports Buzz 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful ^R 08:30 Isidingo ^R 09:00 Generations the Legacy ^R 09:30 Muvhango ^R 10:00 Skeem Saam 10:30 Emzini 11:00 Cutting Edge 11:30 100% Youth 12:00 Friend Like These 13:00 Lunch Time News 13:30 Yilungelo Lakho 14:30 Disney ant farm 15:00 YO.TV 16:00 Bona Retsang 16:30 Steve Harvey Syndicated Show 17:28 Reflections of Faith 17:30 Vaya Mzansi 18:00 Fan Base 18:30 Skeem Sam 19:00 News 19:30 Jika Majika 20:00 Generations the Legacy 20:30 Tempy Pushas 21:00 Live Amp 22:00 Detonator 00:00 Koze Kose	05:00 Geleza Nathi 05:50 Infomercials 06:00 Imani - Devine Spark 06:10 An Nur - The Light 06:30 Siyakholwa 07:00 Fantastic Four 07:30 YO.TV Mmino Mania 08:00 YO.TV What's In The Fridge 08:15 YO.TV Yo Hambo 08:30 Paddlepop 09:00 Local Current Affairs 10:00 Generations the Legacy (Omnibus) 12:30 Imizwili 13:30 Sport Magazine 14:00 Soccer 411 15:00 Soccer Build-up 15:30 Laduma live soccer 17:30 Roots 18:00 Friends Like These 19:00 News 19:30 Real Goboza 20:00 Soccer Build-up 20:15 Soccer 22:15 Skyroom Live 23:15 Sport TBC	05:00 Geleza Nathi 05:50 Infomercial 06:00 Siyakholwa 06:30 Bonisanani 07:00 Fantastic Four 07:30 YO.TV Ntunjambili 08:00 YO.TV Furry Tales 08:15 YO.TV Zenzele 08:30 Zorro 09:00 Mzansi Insider 10:00 Gospel Gold 11:00 Identity 11:30 The Chatroom 12:00 Big Up 12:30 Roots 13:00 Live Amp 14:00 Real Goboza 14:30 Soccer build up 15:00 Laduma 17:30 Kulcha Kwest 18:00 Come Again 19:00 News 19:30 Sunday Live 20:00 Joyous 22:00 Best Years 23:00 Koze Kose	05:00 Aum 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TVS24 Paws And Claws 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful ^R 08:30 Isidingo ^R 09:00 Generations the Legacy ^R 09:30 Muvhango ^R 10:00 Skeem Sam ^R 10:30 Emzini 11:00 Shift 12:00 Yilungelo Lakho 13:00 Lunch Time News 13:30 Making Moves ^R 14:30 Matt Hatter Chronicles 15:00 YO.TV 16:00 Teenagers On A Mission 16:30 Steve Harvey Syndicated Show 17:28 Aum 17:30 News 18:00 Holiday Swap 18:30 Skeem Sam 19:30 Thandeka's Diary 20:00 Generations 20:30 Uzaloo 21:00 Soccer Zone 22:00 Skyroom Live	05:00 Izwi La Bantu 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Zenzele 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 08:00 The Bold And The Beautiful ^R 08:30 Isidingo ^R 09:00 Generations ^R 09:30 Muvhango (R) 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Shift 12:00 Soccer Zone 13:00 Lunch Time News 13:30 Ispani 14:30 Iron man 15:00 YO.TV 16:00 Teenagers on a mission 16:30 The Steve Harvey Syndicated Show 17:28 Izwi La Bantu 17:30 News 18:00 Nyan Nyan 18:30 Skeem Sam 19:00 News 19:30 Selimathunzi 20:00 Generations 20:30 Uzaloo 21:00 Come Again 22:00 The Game 22:00 Best Years 23:00 Koze Kose	05:00 Listen For A Moment 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 06:45 YO.TV 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful ^R 08:30 Isidingo ^R 09:00 Generations ^R 09:30 Muvhango ^R 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 Box Office 12:00 Khumbulekhaya 13:00 Lunch Time News 13:30 My World 14:30 Zheng His Voyage 15:00 YO.TV 16:00 Bona Retsang 16:30 The Steve Harvey Syndicated Show 17:28 Listen For A Moment 17:30 News 18:00 Moka Pelo 18:30 Skeem Sam 19:00 News 19:30 Ithuba 20:00 Generations 20:30 Uzaloo 21:00 Khumbu'Ekhaya 22:00 Sports @10

TOP PICK THIS WEEK



Detonator

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:30 Growing Tomorrow 05:57 Motheo 06:00 Morning Live 08:00 Informercials 09:00 Inside The Baobab Tree 09:30 Bommi And Friends 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Rands With Sense 11:30 Umnofu Wami 12:00 Dr Phil 13:00 Days Of Our Lives 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 Leihlo La Sechaba 18:30 7de Laan 19:00 Dream School 19:30 90 Plein Street 20:00 Mooiloop 20:30 The Tracy Morgan Show 21:00 Muvhango 21:30 Speak Out 22:00 Wives With Knives 23:00 Open University 00:00 Dr Phil 01:00 SABC News International	05:30 Growing Tomorrow 05:57 Motheo 06:00 Morning Live 08:00 Informercials 09:00 Inside The Baobab Tree 09:30 Tinga Tinga 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Each One Teach One 11:30 Sports Lifestyle 12:00 The Talk 13:00 Days Of Our Lives 14:00 7de Laan ^R 14:30 The Tracy Morgan Show 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 My Babysitter's A Vampire 17:30 News (Venda/ Tsonga) 18:00 Nhlalala Ya Rixaka 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Musiek Roulette 21:00 Muvhango 21:30 Powerball 21:34 Mopheme 22:00 Ga Bo Se Gangwe 22:30 Smallville 23:30 The X Factor 00:30 The Talk 01:30 SABC News International	05:30 Living Land 05:57 Op Pad 06:00 Thabang Thabong 06:30 Inside The Boabab Tree 07:00 Morning Live 08:30 House Call 09:30 Rough It Out 10:00 Words And Words 10:30 How Do They Do It 11:00 Naruto 13:00 Takeshi's Castle 13:30 Muvhango (Omnibus) 16:00 The Ultimate Gift 18:00 Teen Wolf 19:00 Nuus 19:30 News 20:00 Wipeout 21:00 Change-Up 23:00 Going The Distance 01:00 Afro Café 02:00 N.C.I.S. 00:50 SABC News International	05:57 Motheo 06:00 Thabang Thabong 06:30 Hosanna 07:00 Morning Live 08:30 Life 24/7 09:00 Issues Of Faith 10:00 Music And The Spoken Word 11:00 Psalms 11:30 Women In Sport 12:00 Sportsview 12:30 Saath Phere 13:30 Mela 14:30 Pasella 15:30 7de Laan (Omnibus) 18:00 It's Gospel Time 19:00 Nuus 19:30 News 20:00 Skwizas 20:30 Interface 21:00 500 Years Later 22:00 N.C.I.S. 23:00 Smallville 00:00 SABC News International	05:30 Growing Tomorrow 05:57 Motheo 06:00 Morning Live 08:00 Informercials 09:15 Magical World Of Luna-Belle 09:30 Bommi And Friends 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Super Nanny 12:00 Dr Phil 13:00 Days Of Our Lives 14:00 7de Laan ^R 14:30 Love That Girl 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 When Duty Calls 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Gauteng 20:30 What's Behind The Wall 21:00 Muvhango 21:30 Wrongfully Accused 23:30 Numbers 00:15 Dr Phil 01:15 SABC News International	05:30 Growing Tomorrow 05:57 Motheo 06:00 Morning Live 08:00 Informercials 09:00 Inside The Baobab Tree 09:30 Bubble Guppies 10:00 Takalani Sesame 10:30 Rivoningo 11:00 The Golden Years 11:30 Talk SA 12:00 Dr Phil 13:00 Days Of Our Lives 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 Ngula Ya Vutivi/ Zwa Maramani 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Ba Kae 20:30 What's Behind The Wall 21:00 Muvhango 21:30 Powerball 21:34 It's Gospel Time 22:30 Open University 23:30 Dr Phil 00:30 SABC News International	05:30 Growing Tomorrow 05:57 Op Pad 06:00 Morning Live 09:00 Inside The Baobab Tree 09:30 Tinga Tinga 10:00 Takalani Sesame 10:30 Rivoningo 11:00 It's For Life 11:30 48 Hours 12:00 Dr Phil 13:00 Days Of Our Lives 14:00 7de Laan ^R 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 Motswako 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Ba Kae 20:30 Love That Girl 21:00 Muvhango 21:30 90 Plein Street 22:00 Afro Café 23:00 Teen Wolf 00:00 Open University 01:00 Dr Phil 02:00 SABC News International

TOP PICK THIS WEEK



The Talk

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping 05:30 Phineas And Ferb 06:00 Espresso 08:30 Steven And Chris 09:30 3 Talk ^R 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 12:00 Magnum 13:00 News 13:30 Africa News Update 14:00 The Jeff Probst Show 15:00 The Dr Oz Show 15:50 Music Filler 16:00 3 Talk 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Man Cave 20:00 Voetspoor 20:30 Top Billing 21:30 Starship Troopers 23:25 Sports Wrap 23:30 Rules Of Engagement 00:00 Miami Vice 01:00 TBA 02:00 3 Talk ^R 03:00 Steven And Chris ^R 04:00 Airwolf	05:00 AM Shopping 05:30 Smurfs 06:00 Espresso 08:30 Steven And Chris 09:30 3 Talk ^R 10:30 Generations: The Legacy 11:12 Isidingo ^R 11:30 7de Laan 12:00 Airwolf 13:00 News 13:30 Africa News Update 14:00 Steve And Chris ^R 15:00 Lorraine's Last Minute Christmas 15:30 TBA 16:00 3 Talk 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 TBA 20:30 TBA 22:30 Nikita 23:30 The Client List 00:00 30 Rock 00:30 30 Rock ^R 01:00 The Jeff Probst Show 02:00 3 Talk 03:00 Steven And Chris ^R 04:00 Kojak	05:00 AM Shopping 05:30 Play Network 07:00 Special Agent OSO 07:30 Batman: The Brave And The Bold 08:00 Gloss It Up 08:30 Technorati 09:00 Cooking Magic 09:30 Which Way 10:00 Hannah Montana Forever 10:30 Music Moves Me 11:00 An Nur 11:30 Sunday Sadhana 12:00 DTV 12:30 The Bold And The Beautiful (Omnibus) 15:00 The X Factor 15:30 Strictly Come Dancing 16:00 Swart Water 17:00 TBA 17:30 Cricket Show 18:30 News 19:00 Naweek Naweek 19:30 The Cutting Edge 3: Chasing The Dream 21:30 Desperate Housewives 22:30 Hot In Cleveland 23:00 Sports Wrap 23:00 Two And A Half Men 23:30 TBA	05:00 AM Shopping 06:00 I Am A Work Of Art 06:33 Thundercats 07:03 Play Network 07:09 Challenge 07:30 Young Justice: Invasion 08:00 Wild Trips – Western Cape 08:30 Fun Factory 09:00 Snazzy Stories 09:30 Whip The Chef 10:00 New Day 10:30 Isidingo (Omnibus) 12:30 Survivor 13:30 12 Dogs Of Christmas 16:00 Miss World 2014 18:00 TBA 18:30 News 19:00 Fokus 19:30 TBA 20:27 Fillers 20:30 Special Assignment 21:00 Revenge 22:00 Supernatural 23:00 N.C.I.S. 00:00 TBA 00:30 Days Of Our Lives 05:45 Sunday Sadhana	05:00 AM Shopping 05:30 Smurfs 06:00 Espresso 08:30 Steven And Chris 09:30 3 Talk ^R 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 12:00 Kojak 13:00 News 13:27 Africa News Update 14:00 The Jeff Probst Show 15:00 The Dr Oz Show 16:00 3 Talk 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 19:00 Isidingo 19:30 2 Broke Girls 20:00 2 Broke Girls 20:30 Survivor 21:30 N.C.I.S. 22:00 Chicago Fire 22:55 Sports Wrap 23:00 CSI 23:30 Sorted 00:00 Airwolf 01:00 TBA 02:00 3 Talk ^R 03:00 Steven And Chris 04:00 The Dr Oz Show	05:00 AM Shopping 05:30 Smurfs 06:00 Espresso 08:30 Steven And Chris 09:30 3 Talk ^R 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 12:00 Kojak 13:00 News 13:27 Africa News Update 14:00 The Jeff Probst Show 15:00 The Dr Oz Show 16:00 3 Talk 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Nikita 20:30 The Mentalist 21:30 The Fixer 22:25 Sports Wrap 22:30 Desperate Housewives 23:30 Sorted 00:00 Magnum PI 01:00 TBA 02:00 3 Talk ^R 03:00 Steven And Chris ^R 04:00 The Dr Oz Show	05:00 AM Shopping 05:30 Smurfs 06:00 Espresso 08:30 Steven And Chris 09:30 3 Talk ^R 10:30 Generations: The Legacy 11:00 Isidingo 11:30 7de Laan 12:00 Miami Vice 13:00 News 13:27 Africa News Update 14:00 The Jeff Probst Show 15:00 The Dr Oz Show 16:00 3 Talk 17:00 Days Of Our Lives 18:30 News 19:00 Isidingo 20:30 Meeulanders 21:30 TBA 22:25 Sports Wrap 22:30 Hard Copy 23:00 CSI 00:00 Kojak 01:00 The Dr Oz Show 02:00 3 Talk ^R 03:00 Steven And Chris ^R 04:00 The Dr Oz Show

TOP PICK THIS WEEK



Kojak



Special Assignment

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots 05:20 e-Insert 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young And The Restless ^R 11:30 Checkpoint 12:00 Screen Time With Nicky Greenwall 12:30 Backstage 13:00 News Day 13:30 WWE Raw 14:30 Peppa Pig 14:35 Cool Catz 15:00 SpongeBob Square Pants 15:30 Jackie Chan Adventures 16:00 Craz-e World Live 16:30 The Queen 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Late Nite News With Loyiso Gola 20:30 My Super Ex-Girlfriend 22:30 Jesse Stone: No Remorse 23:50 Sea Change 00:15 Higher Ground 02:20 Jesse Stone: No Remorse 03:55 Love In The Wild 04:44 The Planet's Funniest Animals	05:00 Life By Design 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young And The Restless ^R 11:30 eKasi: Our Stories 12:30 Backstage 13:00 e-News Day 13:30 WWE SmackDown! 14:30 The Swan Princess 16:10 Craz-e: Frendzy 16:30 The Queen 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Against All Odds With Mpho Lakaje 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Club 808: Make Some Noise 20:30 Terminator Salvation 22:50 Cyborg 2 00:55 Terminator Salvation 03:10 Cyborg 2 04:45 The Planet's Funniest Animals	05:00 Medical Detectives ^R 06:00 The Planet's Funniest Animals 06:35 Cool Catz 07:00 Peppa Pig 07:05 Cool Catz 07:30 Monsters Vs Aliens 07:45 Mike The Knight 08:00 Dora The Explorer 08:30 Pixel Pinkie 09:00 Sistahood 09:30 Rhythm City (Omnibus) 11:30 Fear Factor International 12:30 e-Shibobo 13:00 The Ultimate Braai 14:10 The Swan Princess 16:00 Hawthorne 17:00 Real Husbands Of Hollywood 17:30 House Of Payne 18:00 e-News Early Edition 18:05 eKasi: Our Stories 19:00 e-News Prime Time 19:30 Roll Bounce 21:50 Zombieland 01:35 Zombieland 03:15 Love In The Wild 04:10 e-Shibobo 04:15 Late Nite News With Loyiso Gola 04:40 The Planet's Funniest Animals	05:30 Creflo Dollar 06:00 e-Shibobo 06:30 Grassroots 07:00 Checkpoint 07:30 Hillsong 08:00 Peppa Pig 08:05 Cool Catz 08:30 Street Football 09:00 Max Steel 09:30 Shiz Niz 10:00 Extreme Makeover: Weight Loss Edition 11:00 Screen Time With Nicky Greenwall 11:30 UEFA Magazine 2014/2015 12:05 Lightning In A Bottle 14:30 The Planet's Funniest Animals 15:00 America's Got Talent 16:00 Braxton Family Values 17:00 WWE Raw 18:00 e-News Early Edition 18:05 Peddling Poison 18:30 Second Generation 19:00 e-News Prime Time 19:30 How I Met Your Mother 20:00 Takers 22:10 The Greatest 00:15 I Shouldn't Be Alive 01:10 Medical Greatest 03:35 Fear Factor 04:25 Ekse: Let's Talk With Masechaba Lekalake	05:00 Creflo Dollar 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 e-Shibobo 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:30 Backstage 13:00 e-News Day 13:30 WWE NXT 14:30 Peppa Pig 15:00 Monsters Vs Aliens 15:15 Mike The Knight 15:30 Monsuno 16:00 Sistahood 16:40 The Young And The Restless 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Katch It With Khanyi 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Mad About You 20:30 Kasi My Kasi 21:00 eKasi: Our Stories 22:00 e-News Late Edition 22:30 WWE Superstars 23:00 Into Thin Air: Death On Everest 00:50 Fear Factor 01:40 Late Nite News With Loyiso Gola 02:10 Into Thin Air: Death On Everest 03:50 Medical Detectives 04:20 Ekse: Let's Talk With Masechaba Lekalake 04:50 The Planet's Funniest Animals	05:00 Hillsong 05:30 e-News (African Language) 06:00 Sunrise 07:55 Faith Today 08:00 e-News Sunrise 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Mad About You 10:30 Confessions Of An Ugly Stepsister 12:30 Backstage 13:00 e-News Day 13:30 The Wishing Well 15:05 The First Million 17:30 e-News Early Edition (Zulu/Sotho) 17:55 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Just Shoot Me 20:30 America's Got Talent 21:30 The 2014 Victoria Secret Fashion Show 22:30 Michael Jackson's This Is It 2009 00:35 Fear Factor 02:00 Michael Jackson's This Is It 2009 04:00 Love In The Wild 04:50 The Planet's Funniest Animals	05:00 Kasi My Kasi 05:30 e-News (African Language) 06:00 Sunrise 08:00 e-News (African Language) 09:00 Rhythm City ^R 09:30 Scandal! ^R 10:00 Ekse: Let's Talk With Masechaba Lekalake 10:30 The Young And The Restless ^R 11:30 Supernanny 12:30 Backstage 13:00 e-News Day 13:30 Just Shoot Me 14:00 Paternity Court 14:30 Peppa Pig 14:35 Cool Catz 15:00 Sanjay And Craig 15:30 Street Football 16:00 Supa Strikas 16:40 The Young And The Restless 17:30 e-News Early Edition (Zulu/Sotho) 18:00 Ekse: Let's Talk With Masechaba Lekalake 18:30 Rhythm City 19:00 e-News Prime Time 19:30 Scandal! 20:00 Let's Stay Together 20:30 WWE SmackDown! 21:30 Live Lotto Draw 21:35 The Birdcage 23:55 The Perfect Husband: The Laci Peterson Story 01:25 The Close Up 01:55 Fear Factor 03:10 The Perfect Husband: The Laci Peterson Story 04:40 The Planet's Funniest Animals

Fun Fact
Zombieland
 AT one point Jesse Eisenberg remarks that one of the best things about Zombieland is 'No Facebook status updates'. Jessie would go on to portray Mark Zuckerberg, the founder of Facebook, in *The Social Network*.

TOP PICK THIS WEEK



Let's Stay Together

Fun Fact
The Birdcage
CALISTA FLOCKHART's character Barbara is 'not even 18'. Calista was actually 31 at the time of the filming. **Dan Futterman's** character Val is supposed to be 20, but in reality, he was actually 27.

Your Gig Guide

WHERE YOU SHOULD BE SEEN...

April 9 – 15



March 24 – April 26

Mamma Mia! – Teatro At Montecasino, Johannesburg. Tickets R200 – R500.

April 10

Life's Good U19 Music Festival – Kenilworth Race Course, Cape Town. Tickets R120 – R300.

April 11

Showtek at H2O – Wild Waters, Boksburg. Tickets R360 – R1 550.

FOR MORE INFO GO TO WWW.COMPUTICKET.CO.ZA



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● **people's** guide to the best TV programmes for the next two weeks.

TOP

April 2 – 15

10 **DStv**
PICKS

Kourtney And Khloé Take The Hamptons

JOIN the famous **Kardashian** sisters as they show viewers that there's a lot to live for. They set out to establish their own pop-up Dash store in the Hamptons – a trendy, hip beach enclave on Long Island, New York, while also managing the struggles of their close relationships.

Catch Kourtney And Khloé Take The Hamptons, Tuesdays at 21h00 on E! Entertainment.

2 Broke Girls

TWO roommates who are waitresses strike up an unlikely friendship after Caroline discovers that Max can bake a mean cupcake. The pair decide that if they can just wrangle the start-up cash, they may have found their big break.

Catch 2 Broke Girls, Weekdays at 12h10 on Comedy Central.

Flipping Vegas

FLIPPING VEGAS follows Yancey and his team – wife, interior designer Amie, and a bevy of project managers and real estate agents – on their quest to renovate rundown homes and sell them for a profit.

Catch Flipping Vegas, Wednesdays at 17h30 on Lifetime.

The Doctors

JOIN a panel of top medical experts – which includes emergency room physician Travis Stork (*The Bachelor: Paris*), paediatrician Jim Sears and plastic surgeon Andrew Ordon – as they talk about the health issues raised by their guests and viewers at home.

Catch The Doctors, Wednesday at 18h30 on M-Net Series.

Celebrity Style Story

EACH episode in this exciting show follows one celeb's style evolution, including their hair, make-up and fashion choices. From

Rihanna to Julianne Moore, *Celebrity Style Story* is a must-see.

Catch it weekdays at 14h15 on E! Entertainment.

The Soup

HOST Joel McHale offers a comic recap of the week's major events in the worlds of entertainment, sports and politics. A revamped version of E!'s *Talk Soup*, each episode gives Joel the opportunity to share his biting commentary on pop culture with the in-studio audience as well as viewers at home. **Catch The Soup, Saturdays at 23h00 on E! Entertainment.**

Louie

LOUIE is based on comedian Louis C.K.'s life, in which he does his standup routine onstage, and showcases his life offstage as a divorced father of two girls. Each episode features hilarious scenarios where life throws Louis numerous curveballs. **Catch Louie, Tuesdays at 22h30 on Vuzu.**

Becker

JOIN John Becker, a cynical Harvard medical school graduate who happens to be a loner and has trouble letting people get close to him. **Catch Becker, Wednesdays at 14h15 on Sony.**

Girlfriends

THIS comedy series revolves around the friendships between four women from different walks of life.

Catch Girlfriends, weekdays at 19h05 on Sony.

The Arsenio Hall Show

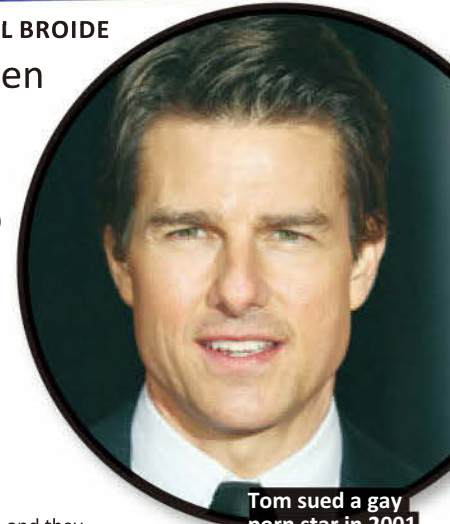
HOSTED by comedian and actor Arsenio Hall, this show features a mix of comedy, music and celebrity guests, bringing a fresh new perspective to the talk show set-up!

Catch The Arsenio Hall Show, weekdays at 23h35 on Sony.

Tom's The One That He Wants

BY EL BROIDE

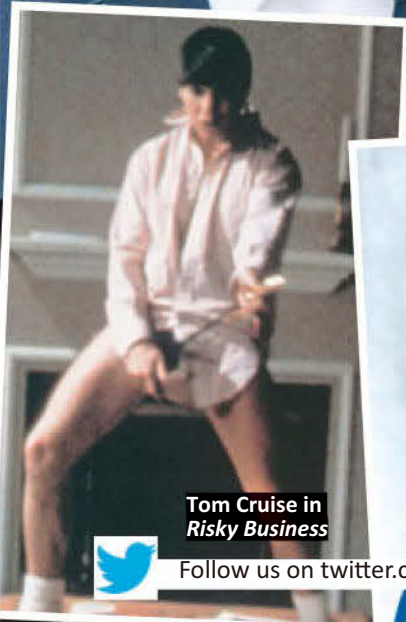
THEY have reportedly been dating for over 30 years, and **Tom Cruise** and **John Travolta** have managed to keep their relationship a secret – until now! Is this the outing of Hollywood's new-old couple, John-Thomas?



Tom sued a gay porn star in 2001

WE knew Tom Cruise and John Travolta had been friends for years but we were shocked (kinda... but sort of not really) to find out that the two may have, in fact, hidden a 30-year gay relationship from the world. Tom and John both feel as if the world doesn't truly understand them and they have found peace in the fact that they are there for each other when the world is against them. The two are now, reportedly, madly in love with each other, though it was in fact John who initiated the romance. "John literally became obsessed with Tom after seeing him in *Risky Business*," an insider claims. "John frequently tried to arrange introductions with rising actors around that time, and Tom instantly caught his eye." The source explains that John long had the habit of wanting to be introduced to hot new male stars whose work he admired. "He told me he was interested in meeting [now deceased] Brad Davis and Christopher Reeve after he saw their respective 1978 movies *Midnight Express* and *Superman*. And after seeing Tom strut his stuff in *Risky Business*, John had his people contact Tom's reps to explain how John was eager to meet him. Tom was flattered,

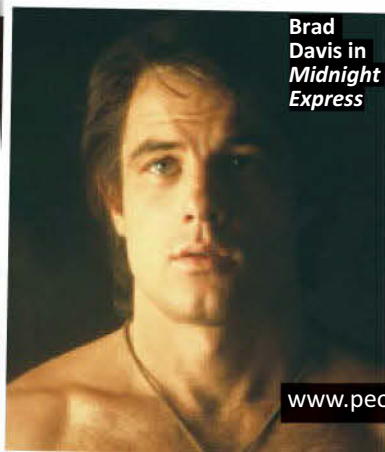
apparently, and they eventually agreed to meet for dinner at an upscale French restaurant in Beverly Hills." Way to, er, 'butter him up', John. After getting Tom's attention, John decided that he was the one he wanted to spend his life with in secret, and the two agreed to see women – and even get married – as decoys for their secret love affair! "Arrangements were later made for the duo to have an eyebrow-raising getaway together in Oregon, which appears to have been a life-changing event for Tom, if not the two of them," the source continues. "Tom met up with John for the excursion in 1985, where they, reportedly, got intimate for the first time while working out at a Scientology centre in Oregon as Tom prepared for *Top Gun*." Although the two have still not confirmed that they are, in fact, seeing each other, they both have been plagued by gay rumours over the past few years. Last year John even sued a pilot who opened up on the fact that he and the Hollywood star were linked romantically. Similarly, one of John's former employees was taken to court after revealing that his working relationship with John turned into a romantic one. John was quick to shoot down the rumours, saying, "This is every celebrity's Achilles heel. It's just about people wanting money. That's all. It happens on many levels." And, as mentioned, Tom hasn't been safe either. Back in 2001, gay porn star Chad Slater was taken to court after claiming that he and Tom had slept together. A few months later, though, they both denied this. Tom also sued Michael Davis, publisher of *Bold* magazine, who alleged but never confirmed that he had video footage that would prove Tom was gay. The suit was dropped in exchange for a public statement by Michael that the video was a fake and that Tom was, in fact, heterosexual. Whatever the truth may be, we just hope that John-Thomas is happy!



Tom Cruise in *Risky Business*



Christopher Reeves in *Superman*



Brad Davis in *Midnight Express*



Doug Gotterba, a former pilot, who claimed he had a relationship with John



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PEOPLE 109

Battle Royal For Baby Royal

BY PEARL MPHUTHI

THE royal birth is bringing on some right royal problems.

WITH just weeks to go until they welcome their daughter, Prince William and Kate are dealing with more than they should be. The excitement has set in and the world awaits the birth of Will and Kate's second child – a daughter reportedly set to be named Diana, after the beloved Princess of Wales – but the couple are facing major delivery room drama. It's Kate Middleton's family versus the royals, and things are getting heated! Being in her last month of pregnancy, Kate should be resting. Instead, she's being driven crazy by the family – both her immediate and her in-laws. As previously reported, Kate's mom Carole has been staying with the pair to help Kate out at the end of her pregnancy... And driving son-in-law Will absolutely mad at the same time. But that seems to be the least of their problems at the moment. Now the couple are dealing with a battle between the parents – and they're stuck in the middle. Royal biographer Nicholas Davies claimed Prince Charles was angry that the Middleton family was the first to see Prince George when he was born in 2013, and wanted that changed this time around. Therefore, the couple are now allowing Prince Charles, or even the Queen, into the delivery room before Kate's parents when she gives birth. This, of course, hasn't gone down well with Kate's family.

And so Kate, who is set to welcome their new addition in mid-to-end April in the Lindo Wing of London's St Mary's Hospital – which costs a whopping \$15 000-a-night (that's about R280 000!) – doesn't have time to focus on packing her bag or choosing clothes for the newborn. Instead she's dealing with who gets to see the baby girl first!

"It's a question of protocol. The birth of Will and Kate's second baby is a huge deal, both for the public and for family pride," says Davies, who adds that Prince Charles is also angry about not seeing enough of Prince George. According to Davies, Charles is 'not just hurt, he's hopping mad' that the Middleton family sees the 20-month-old more than he does. "Charles makes no secret of his annoyance that he's hardly ever invited to see little George," Davies said, adding that he's also angry Carole Middleton has 'virtually moved in' with the young couple.

At this stage, while the pair are desperately trying to keep the peace, sources say Kate's anxiety about pain and early contractions is causing concern too.

"Everyone's on high alert, including their security team, in case they need to rush to the hospital for a sudden, dramatic delivery. William has already raised the alarm a few times, convinced she was going into labour."

To add more stress, the birth could also clash with the UK's general elections. If the Duchess' second child comes a little late, it could arrive around the day of the election on May 7. And if her due date stays around the end of April, the baby could also be born on the Queen's birthday, April 21, or the Duke and Duchess' fourth wedding anniversary on April 29.

With so many things to deal with, insiders say even the baby's name could cause problems as many believe the Queen will never allow the pair to name their daughter Diana. Some other names that have been floating around include Elizabeth (after the Queen herself), Margaret (after the Queen's late sister), and Charlotte (the middle name of Kate's sister Pippa Middleton).



Kate is being driven crazy by the family

Little George is in demand!

Prince Charles is hopping mad that the Middletons see more of George than he does



Carole Middleton has virtually 'moved in' with the young couple



Prince William's being 'driven mad' by his mother-in-law



Fantastic Mr Foxx Finds A Holmes

BY EL BROIDE

SHE'S back on the dating scene and her new beau **Jamie Foxx** is making **Katie Holmes** happier than she has ever been.

KATIE HOLMES and JAMIE FOXX are the last people we thought would get together but the two have hit it off and the chemistry is electrifying. Katie has had a rough time since her very high-profile split with Tom Cruise; however, it seems she has solace now that she's found someone who she's able to trust, and who is treating her like a queen.

Sources reveal that **Katie** and **Jamie** have been dating for the past year-and-a-half, doing a fantastic job of keeping it a secret until a picture finally let the cat out of the bag. "Nearly two years after their first hook-up, **Katie Holmes** and **Jamie Foxx** are going strong," says the source. "The duo has managed to keep their trysts a secret from all but their closest confidants."

The couple have been very private about their new relationship and **Katie** has, reportedly, still not told **Suri** about the new man in her life. So, how do they spend time together while keeping their romance on the down low? Well, the source says that **Katie** and **Jamie** spend a lot of time at his place, taking a stroll through his avocado grove, watching Oscar screeners in his home theatre, or getting dinner from his private chef. Quite the insider adds, "He and **Katie** have no desire to go public. It's not exclusive. They're enjoying their time together and are in no rush to make anything official."

Another source close to **Jamie** explains that this is not some intense romance – **Jamie** and **Katie** are friends and have been for a long time. They are two adults who are attractive and single – "But they're not about to run off and make some serious commitment," adds the source.

But while the couple aren't in any sort of hurry, mutual friends of the two have admitted that they are really good for each other. "**Jamie** is someone she can trust and have fun with," a friend of **Katie's** said recently. "She's getting everything from **Jamie** that she didn't get with **Tom**."

Jamie, for his part, has also cut contact with the many ladies who have been vying for his attention over the past few years so he can spend time with **Katie**, and reports reveal that he and **Suri** have become rather close – despite the fact that she has no clue her mother is seeing him.

We're glad **Katie** has found someone to love after her divorce from **Tom** and we're even more thrilled that **Jamie** is going out of his way to keep her happy.



The ex: Tom



Katie and Suri



Originally shot at the "4th Annual Apollo In The Hamptons Benefit" on August 24, 2013



MEN SEEKING WOMEN

Professional Single-Gauteng 45-60 yrs. single professional enjoys reading, travelling, and new adventures. Seeking a special companion 35-50 yrs with similar interests. ID: 1046

Work hard and have fun-Gauteng 26 yrs. Enjoy going to gym and spending time with friends. Am a bit of a work-a-holic but try to lead a balanced life. Am the life and soul of the party. Looking for a fun lady 25-35yrs to share life and fun. ID: 2054

Life to be Lived-Polokwane 45-60 yrs. Honest caring, independent man, like to go out and have fun with good company. Looking for a special lady 35-44 yrs, who is educated and should have a slim profile, to enjoy life and have fun. ID: 1224

Kind Music Lover-Gauteng resident 45-60 yrs, Kind, honest, soft spoken man. Enjoys music, dancing and going out and having fun with friends. Looking to meet an honest, sincere and fun loving woman of similar age for friendship. ID: 1143

Young and fit for Life-Gauteng 18-24 yrs. African man, Outgoing, friendly and fun. Young guy, energetic and fun. Like to go out with friends and enjoy life to the full. Looking for an outgoing lady 18-24 for friendship, fun and maybe more. ID: 2768

Let me care for You-North West 47 yrs. African man, employed and financially independent. Like to go out and spend time with friends and family. Seeking a sober minded lady 35-44 yrs who is honest and sincere, for a long lasting, loving relationship. ID: 2149

Friendship and Fun-Gauteng 66yrs, 1.73m tall, I am fit and active, enjoy the outdoors, sport and going to movies. Love a good braai and good company. Self Employed. Looking for a special lady 45-60yrs with similar interests for friendship. ID: 1583

A good heart is hard to find-Gauteng, 25-34 yrs, Kind, sincere, sensitive and honest. Like to spend time socialising with family and friends. Looking for a special lady 25-34yrs, who has a good heart and a winning smile to share friendship and fun. ID: 1564

Fit, Energetic and Fun-Gauteng 35-44yrs. Well spoken well groomed man. Very fit and active and like to keep in shape. Love the company of women, very lonely at the moment. Love to meet energetic, attractive and well groomed lady for friendship. ID: 2630

Outdoor Fun together-North West, 45-60 yrs, White male, enjoys walking and being outdoors. I am very playful. Like to have fun and live life to the full. Seeking a special lady 35-44yrs who is independent and outgoing and likes to have fun. ID: 2243

Looking for Company-Gauteng West, 45-60 yrs, White man, good sense of humour. Like to go out to dinner and movies. Looking for a like minded lady 25-34 yrs to go out on dates with and have some fun socially. Please leave me a message. ID: 1950

Hopeless Romantic-Gauteng 35-44 yrs, Hopeless romantic, very creative and very much in control of my destiny. Looking for an elegant, creative lady 35-44yrs who enjoys life and is dedicated to making a success of her life. Lets Share. ID: 1694

Lets see what Happens-Gauteng, 25-34 yrs. Educated, independent man, speak several languages. Looking for an honest, sincere woman between the ages of 18-24 yrs for companionship, friendship and maybe Love. If this is you, leave a message. ID: 1644

WOMEN SEEKING MEN

Active Dog Lover-Gauteng, 45-60 yrs Love cooking, reading, meeting new people and being social. I'm a dog lover and love animals in general. Looking for a companion for social outings and companionship. Must be non-smoker. ID: 1134

Treat me like a Lady-Gauteng 25-34 yrs, Afrikaans speaking lady, enjoy reading, gardening and going to social events. Take pride in my appearance. Looking for a loyal and honest man 45-60yrs to share in social gatherings and companionship. ID: 1906

Fit, Active and Fun-Gauteng, 25-34 yrs, Happy, fun loving and active lady. Love sport, gym and boxing for fitness. Work in financial services and am financially independent. Looking for a special man to share love, life and happy times. ID: 1313

Lets have some fun Together-Gauteng 35-44yrs, Fun loving, out going, enjoy the theatre and going out and living life. Looking for an honest, sincere gentleman 45-60 yrs with similar interests and outlook on life to share fun times and happiness. ID: 1927

Lots of Love to Give-Gauteng 45-60 yrs, Love animals enjoy being outdoors and being in the bush. Am very health conscious. I am a happy, out going, loving person, looking for a special man 45-60yrs for a long term loving relationship. ID: 1934

Lots of Love to Give-Gauteng 45-60 yrs, African lady. Independent and hard working Widow. Like to spend quality time with family and friends. Looking for a kind hearted man to love, between the ages of 45-60. Should be reliable and true. ID: 2685

Fun and Friendly-Gauteng 43 yrs, Dedicated, Fun loving lady who loves being around people and making new friends. Divorced, no children, hard working and financially independent, non-smoker. Looking for a man 45-50 who enjoys life. ID: 1378

Eat well and Travel-Gauteng 35-44 yrs, I enjoy travelling, cooking, going out to movies or watching them at home. Love spending time with friends and family. Looking for a special man 35-44 yrs with similar interests for companionship. ID: 1939

Complete Package-Northern Cape 45-60 yrs. Professional lady, sports lover- especially rugby. Love the outdoors and travelling. Confident, outgoing and life and soul of the party. Love to meet that special man to share outings and special times. ID: 1152

Come Share my Life-Gauteng 46 yrs, Afrikaans speaking lady, I enjoy going out, being sociable and enjoying life. Looking for a special man 45-60 yrs who knows how to enjoy life and have some fun. Should enjoy going out as well as relaxing at home. ID: 1910

Lets see what Happens-Gauteng, Indian lady 45-60 yrs, Outgoing and very friendly. Love travelling and seeing new places. Looking for a white man who is outgoing and fun loving. Should be 45-60yrs, preferably professional, and independent. ID: 1942

Take care of me-Gauteng 57 yrs. Single White lady, divorced, humble, fun loving, communicate well, Independent professional. Seeking a man 45-60 yrs who is genuine, honest and sincere, someone to make me laugh and make me feel safe. ID: 3308

Fun and Adventure together-North West, 45-60 yrs, Single lady, 2 grown children, working and independent. Very adventurous and outgoing. Love the outdoors and the bush. Looking for a white male 45-60 yrs who is outgoing, fun and adventurous. ID: 1538

Lets have some Laughs -Gauteng 35-44yrs, Afrikaans speaking lady. Great sense of humour and very honest. Love to be sociable and have fun. Family is important. Looking for an honest man with a sense of humour to have long chats and laughs. ID: 1423

Breathe in the Air-Gauteng, 45-60 yrs, Active, fun and outgoing. Enjoy cycling, going to gym, going out and mingling with friends. Love going to the mountains and breathing the fresh air. If this like fun to you, why not get in touch. ID: 1382

Love and Laughs-Gauteng 45-60 yrs, White lady, I am honest, reliable and loving, enjoy going out and being with friends. Lonely and looking for friendship and company. Seeking an honest, caring, fun man 45-60 yrs for companionship. ID: 2601

Friends with Benefits-35-44 yrs Gauteng. Outdoor enthusiast, enjoy eating out, movies and weekends away. Financially secure and independent. Seeking that special someone to share fun, travel and maybe more. ID: 1069

MEN SEEKING MEN

Perfect Package-Gauteng 25-34 yrs, Tall, Dark and good looking. Like going out to dinner and clubs, being social and making new friends. Seeking an honest man who like to take care of himself to have some fun and maybe more. This could be you. ID: 1154

Love and care for Me-Mpumalanga, African lady 32 yrs. 2 children, I am honest and caring. Independent, outgoing and fun to be with. Looking for an outgoing, fun man 25-34 yrs, who is honest, kind and knows how to love and care for a woman. ID: 3175

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My in-laws had seperated me from my husband and as a result he started cheating on me and was very abusive, the kids were always sick and worse we had no money in the house. My kids had bad omens and nothing was working out from them and myself. I tried getting help from alot of people & moulana's but nothing worked or came right. I saw testimonies on TV & heard of her on the Radio about Mama Haula. I contacted and met her, she covered me with a white cloth and sprinkled water whilst she layed her hands on my head and made special prayers for me. She cleansed me of bad omens and misfortune and also gave me a powerful magic ring crystals and has bonded me with my lovely husband. To be honest my family and I are living happily and my kids are attending the best expensive schools, finally we can even afford to go 3 times on holiday overseas as money is now not an issue to us. Don't let life problems deprive you of happiness feeling lonely, left out, helpless, heartbroken and financially down. I appreciate what Mama Haula has done for me. Dankiel

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Spiritual Corner



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Thanks to Dr K. Aziz

Elizabeth from Randpark Ridge



I was a relationship with my man but after sometimes my man changed totally, he abandoned me with my three children for four years which was a very painful experience, if I did not find Dr K. Aziz who covered me with a white cloth and removed all the bad that the other woman had sent me, my life would have been empty without a man forever.

Thanks to Dr K. Aziz

Sipho from Houghton



I lost my job, after the bank took my car, my house and my wife ran away. I spent up and down to different doctors but none helped me. I had given up, but then I was referred to Dr K Aziz who helped me get my job back and I was immediately offered a promotion. Then after, I manage to open my own company and have secure six tenders with the power of Dr K Aziz.

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Zayn Leaving One Direction For Good?

ONE DIRECTION have been making millions for the last five years, but sources say this could be the end of an era as band member **Zayn Malik** has announced he would not be completing the group's current world tour because of 'stress'. Insiders add that they believe the break could become permanent. "A lot of people in their camp fear that this is the beginning of the end for One Direction," an insider said. "The higher-ups ordered **Zayn** to take a break because there are concerns for his well-being. **Zayn's** management is livid right now, but they are also very sympathetic to his situation. He is in bad shape, which is the real reason he went home to London." But while reps are insisting he is just dealing with stress, there have been rumours in the past about substance abuse. "**Zayn** has been separating himself from the guys for quite some time now. He loves the guys but doesn't love everything that comes along with the band." Guess time will tell....



Juicy Gossip

BY ANGELA BEKIARIS

Celeb Birthdays This Week...

March 27: Mariah Carey & Fergie
March 28: Lady Gaga & Vince Vaughn
March 29: Elle Macpherson
March 30: Celine Dion
March 31: Ewan McGregor

Like Mother, Like Daughter



JUST like she loves to show us everything she does on social media, **Kim Kardashian** loves to show off daughter **North** too. This time however, the star shared a snap of herself at **North's** age, raving that her daughter is 'the sweetest funniest girl'. There's no denying the fact that there's a huge resemblance between mommy and baby – and **Kim** definitely caused a resounding 'Aaahh' when people saw the photo. The adorable toddler was also seen arriving at dance class in her gorgeous tutu with mom and dad recently, and there was no doubt the little ballerina dominated the limelight!



GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGE 12 FOR MORE.

Mommys Little Girl

BY PEARL MPHUTHI

IT'S a girl for HOLLYWOOD actress **Cate Blanchett** was spotted cuddling her newly adopted daughter **Edith Blanchett**. The proud mom who was joined by her supportive mother **June** was seen leaving her home in New South Wales for their first time shopping for baby clothes. The award winning actress already has three sons with husband **Andrew Upton** and she's convinced that she'll have more fun shopping for **Edith** this time around. Although she plays an evil stepmother on her upcoming fantasy movie **Cinderella**, **Cate** is anything but evil in real life.



PEOPLE EXCLUSIVE PIC!

Hope Running Out For Bobbi Kristina?

IT seems a sad goodbye could be coming as **Bobbi Kristina's** family were seen removing belongings from her hospital room. Dad **Bobby Brown** and aunt **Pat Houston** were seen leaving the hospital with gifts and clothing, while yet another family member was seen holding a **Whitney Houston** tribute book. While news of the young star moving to a rehab facility has made headlines, we have to wonder what could possibly happen from here. As for dad **Bobby Brown**, he says he wants God to make the decision on whether to pull the plug or not.



Gaga The Bridesmaid

SHE might be a huge celebrity to the rest of us, but to her friends **Lady Gaga** is just one of the girls – and this time she was just one of the bridesmaids. The singer, who is, herself, set to wed in the near future – after boyfriend **Taylor Kinney** popped the question earlier this year – was a bridesmaid at her best friend's wedding in New Orleans, which took place on Friday March 20. We just feel sorry for the bride because we bet all the attention was on the bridesmaid! The joys of being BFFs with a superstar!



PEOPLE EXCLUSIVE PICS!



It's All Pink For Pete

MUSICIAN **Pete Wentz** has gone from platinum to cherry blossom pink it seems, and strangely enough, he's pulling it off! The Fall Out Boy member debuted the new hair colour recently via Instagram saying, "Shooting a video today #cherryblossumhair," without offering further explanation. In another caption, the 35-year-old rocker thanked Mèche Salon Beverly Hills colourist **Michelle Pugh** for dyeing his platinum tresses hot pink, writing, "You're a cherry blossom. @michpugh for the hook up."



Reality Bites

BY EL BROIDE



Gasp! Joe Caught Cheating On Teresa!

LIFE is tough for **Teresa Giudice**. Not only is she sitting in jail for tax evasion at the moment, but sources reveal that her husband, **Joe**, who is also set to head to prison in the next few weeks, has been caught cheating on her! **Joe** reportedly hooked up with a girl named Jamie Jackson at a hotel before **Teresa** went to jail, and, sources say, has been continuously cheating on **Teresa** with Jamie ever since. But now **Teresa**'s finally found out! **Joe** and Jamie were spotted 'making out' at the Tropicana hotel. **Teresa**, naturally, is furious and **Joe** decided to skip his weekly visit to her after he got wind that she knew exactly what was going on.

Ryan To Host New Reality Show

KFM breakfast host **Ryan O'Connor** will be the official host of M-Net's brand-new reality show **Power Couple**. The news was announced when host of sister station 94.7's breakfast **Darren Simpson** pranked the DJ when giving him the news. "Super excited to be a part of this amazing new show," **Ryan** said shortly after the prank. The show premieres in August and will test the relationships of eight couples, who will move into a luxurious villa in Cape Town. The contestants will undergo challenges in which they will illustrate how much they know, trust or love their partners.



Natalia, Willy Flee NZ After X Factor Fiasco

HUSBAND and wife duo **Natalia Kills** and **Willy Moon** were fired from *The X Factor New Zealand* after the two viciously bullied contestant Joe Irvine on live TV, accusing him of stealing **Willy's** style. Many celebrities, such as **Lorde**, **Ellie Goulding** and **Ed Sheeran**, have tweeted their disgust, and after a huge media backlash, the couple have officially fled New Zealand and headed back to Los Angeles. **Natalia** broke her silence a few days after the ordeal saying, "A lot goes on behind the scenes of a reality show, and what you see isn't always the whole story. The producers wanted me to bring my passion, dramatic expression and perspective to the show. I was encouraged to be outspoken and things got out of hand. Joe, I hope you can forgive me and I wish you the best! Be natural, unconventional and be you!" But considering what she actually said the night in question – "I'm disgusted at how much you've copied my husband, from the hair to the suit. You're a laughing stock. It's cheesy, it's disgusting...you make me sick". **Natalia**, how you could treat a contestant so shamefully! Seems like Joe Irvine's not the disgusting one, here.



Terra Jole Gives Birth

MAZEL TOV! *Little Woman LA* star **Terra Jole** has welcomed her first child into the world. The star, alongside boyfriend **Joe Gnoffo**, is a new parent to baby girl Penelope Charlevoix Gnoffo. "I definitely was shocked when I found out I was pregnant," the reality star said back in January, [Because] while [a baby with my genetics] lives a perfectly normal life in the womb, it's the lungs – they don't develop fully – so they would die at birth or within a few hours of birth. To me that would be like my all-time biggest fear. It has been suggested maybe there are possibilities for extreme health risks with **Joe** and I and that's something to think about, but currently the child is living healthy in the womb. Why think negative when I'm this far along?" Luckily, both mommy and baby are healthy and happy and while we're not sure if Penelope will suffer from Dwarfism, **Terra** and **Joe** have promised to keep the world up to date and even have their very own spin-off show titled *Little Women: Terra's Little Family* which is scheduled to premiere in the next few months.



On The Box This Week



Marriage Bootcamp, Fridays At 20h00 On Lifetime

WHAT happens when you take five wifezillas and their husbands who are on the brink of divorce and put them together at a marriage bootcamp? Well, dirty laundry is exposed and the couples are tested to their limits. Oh, and this week alcohol causes one of the most epic reality showdowns ever!



Made In Chelsea, Sundays At 20h00 On Vuzu

SEASON seven is here! *Made In Chelsea* follows the lives of a group of spoiled, rich young adults living in South London, England. The show is filled with relationship drama, gossip and even a glimpse into their lavish holidays. What more could you want?

American Idol, Thursdays At 20h30 On Vuzu Amp

THE search for the next American idol is on! Join judges **Jennifer Lopez**, **Harry Connick Jr** and **Keith Urban** alongside host **Ryan Seacrest** as the hopeful contestants sing for the hearts – and votes – of the American public.



Before They Were

Famous...

BY ANGELA BEKIARIS

Giuliana Rancic

SURE, they're big Hollywood stars now, but that wasn't always the case.

SHE's got everything a woman could ever want – fame, fortune, a fabulous job and the most stylish closet. But Giuliana Rancic wasn't always loving the good life and wearing designer outfits. We dug into her past and saw what she got up to before she was famous.

- **GIULIANA** was born in Naples, Italy, and only immigrated to the United States at the age of seven.
- **SHE** was a high school student at Walt Whitman High School in Montgomery County, Maryland with dreams of someday having a career in TV news. "I wasn't sure how I was going to get there but I knew it was what I wanted to do," she's said.
- **GIULIANA** has a Bachelor's degree in Journalism from the University of Maryland and a Masters degree in Journalism from American University.
- **SHE** used to work for a Capitol Hill news bureau, covering stories related to the US government.
- **THE E! News** star taught herself English by watching day-time soaps and other television shows.
- **WHILE** starting her career she wrote for numerous entertainment publications, including *Detour* magazine.
- **GIULIANA** rigged the homecoming-queen votes in high school to make herself a nominee.
- **AT** one point in her tertiary education, she was a features correspondent for the university TV station and covered stories at the White House, Pentagon, Supreme Court, State Department and Capitol Hill.
- **SHE** moved to Los Angeles after completing her Master's degree on the advice of a professor who felt her strength was in feature-oriented journalism.
- **GROWING** up, **Giuliana** looked at NBC4's Barbara Harrison
- **IN** high school she began searching the *Washington Post* classifieds for local castings.
- **SHE** is rumoured to have had a nose job before making it big in Hollywood.
- **SHE** was interested in fashion and modelling and attended Barbican Modelling And Acting School.
- **BEFORE** her big break at E!, the star worked as a hostess, an assistant, and stuffed envelopes in the mail room at a talent agency. But she says that she managed to make connections through all of that.
- **AFTER** a lot of persistence, she began co-hosting E!'s flagship programme with **Ryan Seacrest** in March 2006.

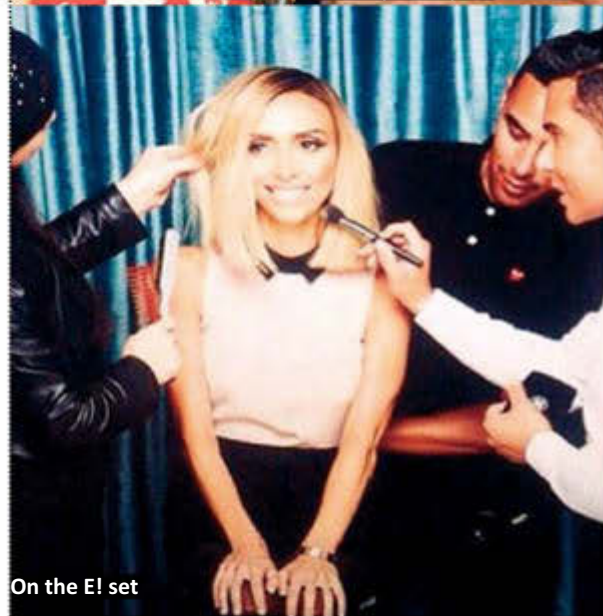
High school prom



2005, in New York



2004: A hostess on *Celebrity Blackjack*



On the E! set



With son Duke



With husband Bill Rancic



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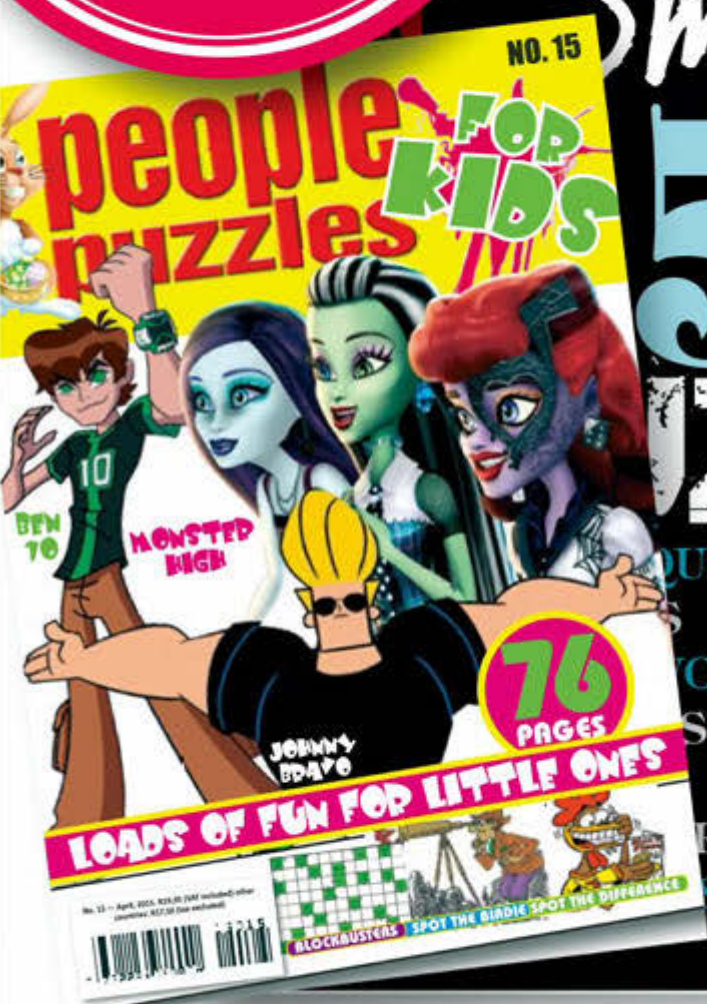
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